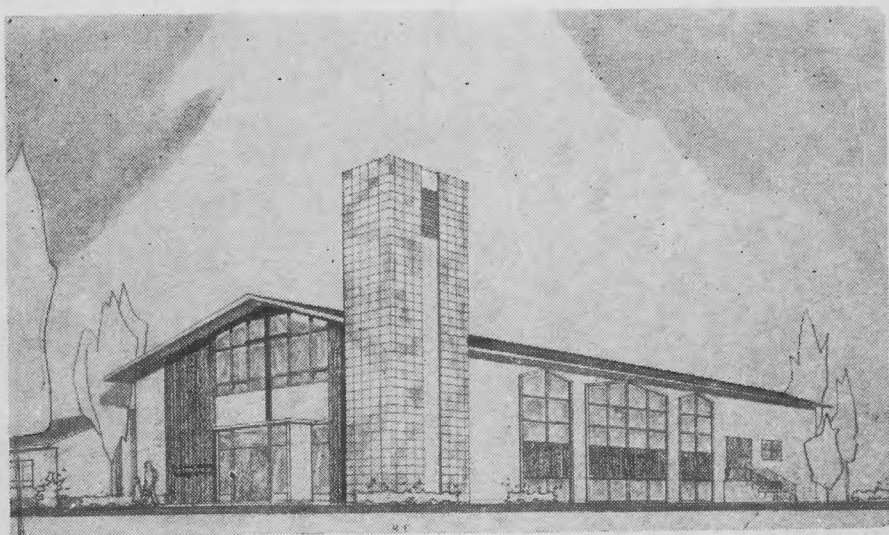


Cook Book

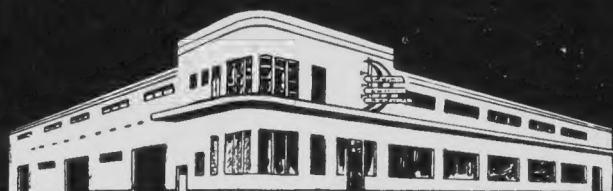


Published By:
THE EVENING CIRCLE
of

Pleasant Heights United Church



Minister:
Rev. J. B. Spencley, B. A.
2011 - 10th St N. W.
Calgary, Alberta



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ACKNOWLEDGMENT

To the good friends who supplied the recipes; to the
many advertisers whose co-operation has made
this book possible; to the good people
who buy this book and thus make
our efforts a real success
many, many thanks; we are truly grateful.

COOK BOOK COMMITTEE

Mrs. E. Himmelreich

Mrs. B. Cowan

Mrs. J. Neilson

Mrs. C. Harstrom

Mrs. G. Pederson

Mrs. H. Coggan

Mrs. D. Fogg

Mrs. F. Ward

Mrs. A. Johnston

D E D I C A T E D

to

The Christian Mothers who not only have prepared the daily bread for their households, but who have known and taught that "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God".

Matthew 4:4

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COOKING A HUSBAND

(Successful only if followed to the letter)

A good many Husbands are utterly Spoiled by Mismanagement. Some Women keep them constantly in Hot Water. Others let them freeze by their carelessness and indifference. Some keep them in a Stew by irritating ways and word. Others Roast them. Some keep them in a Pickle all their lives. It cannot be supposed that any Husband will be Tender and Good if mistreated in this way, but they are really Delicious when properly treated.

In Selecting your Husband you should not be guided by the Silvery Appearance, as in buying mackerel: nor the Golden Tint, as if you wanted a salmon. Be sure you select him yourself as tastes differ. Do not go to the Market for him, as the best are always brought to your door. It is far better to have none unless you patiently learn how to Cook him.

Preserving Kettle of finest porcelain is best, but if you have an earthenware vessel it will do. Be very careful that the linen in which he's wrapped is nicely washed and mended, with the required number of buttons and strings sewed on. Tie him in the kettle with a strong silk cord called Comfort, as the one called Duty is apt to be Weak and Friend Husband may fly out of the Kettle, be burned and crusty on the edges, since like Crabs and Lobsters, You Have To Cook Them Alive. Make a clear steady fire out of Love, Neatness and Cheerfulness. Set him as near this as seems to Agree with him. If he Sputters and Fizzles, do not be anxious, some Husbands do this until quite done. Add a little sugar in the form of what confectioners call Kisses, but on no account use Vinegar or Pepper. A little spice improves some species but it must be used with Judgment. Do not stick any sharp instruments into him to see if he is tender. Use your Rolling Pin discreetly to make sure. One in time saves Nine. You cannot fail to know when your undertaking is a success.

If thus Treated, you will find him very Digestible, agreeing nicely with You and the Children, and he will keep as long as you want him, unless you set him in too cold or too hot a place.

SWEDISH TEA RING

Mrs. P. Goodwin

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ c. cold water
$\frac{3}{8}$ c. sugar	1 egg
$\frac{1}{4}$ c. boiling water	$\frac{1}{2}$ tsp. salt
1 yeast cake	3c. unsifted Robin Hood Flour

Cream shortening & sugar together and add boiling water. Allow to cool and add yeast cake which has been dissolved in the cold water. Stir till well mixed and add beaten egg. Sift flour & salt together, add to first mixture & blend thoroughly. Cover bowl and place in refrigerator or cold place overnight or until ready to use. Roll half mixture into oblong shape, about $\frac{1}{4}$ inch thick on lightly floured board. Spread with two tbsps. softened butter (not melted), sprinkle with following mixture:

$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ c. blanched chopped almonds
$\frac{1}{4}$ tsp. cinnamon	$\frac{1}{2}$ c. washed raisins
$\frac{1}{4}$ c. citron peel cut in strips	

Press fruit into dough & roll up like jelly roll. Trim ends and join to form a ring. Place on baking sheet. Cut with scissors at intervals of about one inch from outside to within $\frac{1}{2}$ inch of centre & turn each section slightly to the side. Brush surface with egg whites & allow to rise for two hours at room temp., or 1 hr. in warmer place. Bake 25 to 30 mins. in hot oven 385 deg. The remainder of dough may be kept in frig. covered with wax paper, to be used for rolls or another tea ring.

REFRIGERATOR ROLLS

Mrs. James Rasmusson

$\frac{3}{4}$ cup scalded milk	$\frac{1}{2}$ cup lukewarm water
6 tbsp. sugar	2 pkgs. fast rising dry yeast
1 tbsp. salt	1 beaten egg
5 tbsp. shortening	$4\frac{1}{2}$ c. sifted Robin Hood Flour

Stir sugar, salt and shortening into scalded milk & cool to lukewarm. Let yeast stand in lukewarm water 10 minutes, then stir and add to milk mixture. Stir in beaten egg and two cups flour. Beat until smooth & stir in remaining flour. Place dough in greased bowl, brush lightly with shortening and keep in refrigerator. Punch down and put in pans to rise when required. They keep well 2 to 3 days in frig. Bake at 375 deg. for 15 — 20 minutes.

WHITE'S FLOWERS

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RUTH'S SOUTHERN ROLLS

Mrs. Leone Davies

3 cups Robin Hood Flour	1 tsp. salt
2 tbsp. sugar	1 $\frac{1}{3}$ c. lukewarm water
3 tbsp. shortening	1 pkge. Fleischman's yeast

Mix all dry ingredients together, then cut in shortening as in pastry. Dissolve yeast in $\frac{1}{2}$ cup of the water, then add to flour mixture along with the remaining water. Let stand two hours then roll into buns. Let stand one hour and bake in 400 deg. oven twenty minutes.

JIFFY BUNS

Mrs. B. Coutts

2 cakes yeast	3 tbsp. sugar
$\frac{1}{4}$ cup lukewarm water	1 tsp. salt
1 $\frac{1}{4}$ c. milk	4 $\frac{3}{4}$ c. Robin Hood Flour
2 tbsp. butter	(approx.)

Dissolve yeast in water. Scald milk, cool to lukewarm. Add sugar, butter & salt. Add yeast. Stir in flour, let rise for 20 mins. Turn out on floured board, roll $\frac{3}{4}$ inch thick. Cut out with cookie cutter, let rise another 20 min. Bake at 400 deg. for 12 to 15 minutes.

SNOWFLAKE ROLLS

Mrs. R. Brownfield

1 cake compressed yeast	1 tsp. salt
$\frac{1}{2}$ cup warm water	$\frac{1}{3}$ cup sugar
1 cup scalded milk	2 well beaten eggs
1 cup cool water	7 c. Robin Hood Flour, approx.
$\frac{1}{3}$ c. butter or shortening	

Dissolve yeast in warm water. Pour hot milk over butter & add sugar & salt. Stir till dissolved, then add cold water to make mixture lukewarm. Add dissolved yeast and beaten eggs. Sift in about 3 cups flour. Beat till smooth, then add remainder of flour, or enough to make a very soft dough. Mix thoroughly, kneading till smooth. Keep dough as soft as can be handled. Place in greased bowl in warm place. Let rise till double its bulk, knead down and let rise again. Shape into rolls, let rise again till light. Bake in 400 degree oven 15 - 20 mins. Nice baked in muffin tins.

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BUTTER HORNS

Mrs. W. Baldwin

Dissolve 2 pkgs. fast rising yeast with 2 tbsp. sugar and $\frac{1}{2}$ cup lukewarm water. Let stand 5 minutes. Beat in two eggs, 1 tsp. salt, 2 cups scalded milk, which has been cooled to lukewarm. Add 4 to 6 cups sifted Robin Hood Flour. Let rise to double in bulk, then roll out and spread with butter or margerine. Roll up like a jelly roll and let rise again. Then roll in oblong shape about an inch thick. Cut down centre and then into inch strips and make knots of each strip. Put into pans, let rise and bake at 400 deg. 15 to 20 min.

SCONES

Mrs. R. Brownfield

2 cups Robin Hood Flour	$\frac{1}{4}$ cup butter
2 tsp. baking powder	$\frac{1}{4}$ cup lard
1 cup sugar	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ tsp. salt	

Sift dry ingredients together, rub in butter and lard. Beat one egg slightly in a cup and fill up with milk. Add to above mixture, then add raisins. Mix well. Roll out and cut into desired size. Bake 15 mins. at 450 degrees.

SCOTCH SCONES

Mrs. Harold Coggan

2 cups Robin Hood Flour	1 tsp. cream of tartar
1 tsp. sugar	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{4}$ tsp. salt	$1\frac{1}{2}$ cups buttermilk
1 tsp. soda	

Sift dry ingredients together and add milk. Beat well. Turn out on floured board and shape into scones. Bake on a hot griddle.

SOFT GINGERBREAD

Mrs. K. Diewold

$\frac{1}{2}$ c. lard & butter mixed	2 tbsp. ea. cinnamon & ginger
1 c. sugar	1 tsp. each cloves & nutmeg
1 c. molasses	$\frac{1}{4}$ tsp. salt
1 c. sour milk	3 c. Robin Hood Flour
1 tsp. soda	$\frac{1}{2}$ tsp. baking powder
1 tbsp. boiling water	

Put molasses into bowl, pour on melted shortening, add sugar, milk and boiling water. Mix well. Sift together flour, baking powder, soda, spices and salt and add. Beat well. Bake in greased shallow pan 40 mins. at 350 deg.

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BANANA BREAD

Mrs. Harold Coggan

1 cup brown sugar
 $\frac{1}{4}$ cup shortening
1 egg
3 tbsp. sour milk

2 crushed bananas
1 tsp. soda in bananas
2 cups Robin Hood Flour
 $\frac{3}{4}$ tsp. salt

Cream butter and sugar. Add egg. Sift flour and salt, add alternately with milk. Mix in banana and soda. Bake in loaf pan at 350 deg. for 30 minutes.



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DATE AND NUT LOAF

Mrs. R. Brownfield

1 cup chopped dates
1 tsp. soda
 $\frac{3}{4}$ cup boiling water
1 egg
 $\frac{3}{4}$ cup brown sugar
1 tsp. salt

$1\frac{1}{2}$ c. Robin Hood Flour
1 tsp. baking powder
1 tsp. vanilla
 $\frac{3}{4}$ cup chopped walnuts
 $\frac{1}{4}$ cup melted shortening

Place chopped dates and soda in bowl, pour over boiling water. Cool. Beat egg, add sugar, salt and vanilla. Combine with date mixture, add sifted dry ingredients and floured nuts. Add melted shortening, mix well. Bake 1-1 $\frac{1}{4}$ hours at 325 deg.

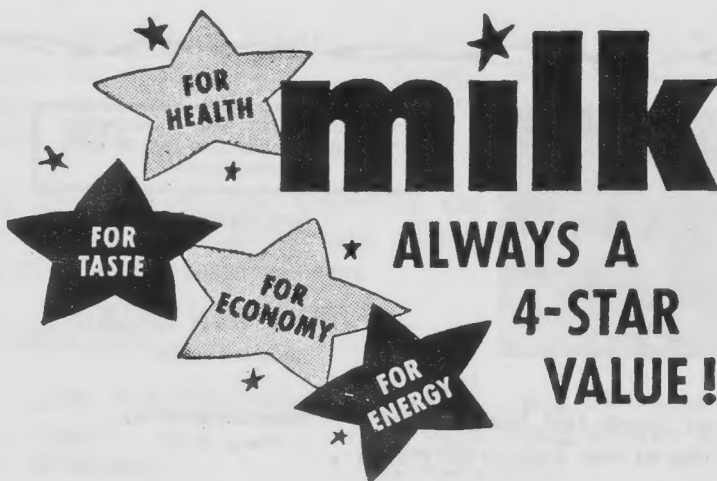
POPOVERS

Mrs. J. Neilson

1 cup Robin Hood Flour
 $\frac{1}{4}$ tsp. salt
1 cup milk

2 eggs
 $\frac{1}{2}$ tsp. melted butter

Add milk and butter to lightly beaten eggs. Add sifted flour and salt. Turn into hot muffin tins and bake 25 min. at 450 deg. and 20 min. at 325 degrees.



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C A K E S

SCRIPTURE CAKE

Mrs. Donald C. Barker

- 1 cup Judges, 5th Chapter, 25th Verse, Last Clause
- 1 cup Jeremiah, 6th Chapter, 20th Verse
- 2 cups Nahum, 3rd Chapter, 12th Verse

Season to taste with:-

- 2 Chronicles, 9th Chapter, 9th Verse
- 2 cups 1 Kings, 4th Chapter, 22nd Verse
- 1 cup Judges, 4th Chapter, 19th Verse, Last Clause
- 1 pinch Leviticus, 2nd Chapter, 13th Verse
- 2 cups 1 Samuel, 30th Chapter, 12th Verse
- 2 tbsp. 1 Samuel, 14th Chapter, 25th Verse
- 1 cup Numbers, 17th Chapter, 8th Verse
- 2 tsp. Amos, 4th Chapter, 5th Verse
- 3 Jeremiah, 17th Chapter, 11th Verse

Follow Solomon's directions for making a good boy, Proverbs, 23rd Chapter, 14th Verse.

LOOK THIS UP. IT IS NOT A JOKE.

GROUND ALMOND CAKE

Mrs. G. Pederson

- 6 eggs
- 1 cup sugar
- $\frac{1}{2}$ lb. ground almonds

Beat egg yolks, add sugar, continue beating with beater. Add ground almonds and stiffly beaten egg whites. Bake in Angel pan 45 minutes, 375 degrees. Ice with coffee icing.

TOMATO SOUP CAKE

Mrs. B. Cowan

- | | |
|--------------------------|---------------------------|
| $\frac{1}{2}$ cup butter | 1 tsp. cinnamon |
| 1 cup sugar | $\frac{1}{2}$ tsp. nutmeg |
| 2 cups Robin Hood Flour | $\frac{1}{2}$ tsp. cloves |
| $\frac{1}{4}$ tsp. salt | 1 tin tomato soup |
| 2 tsp. baking powder | $\frac{1}{2}$ cup walnuts |
| 1 tsp. soda | 1 cup raisins |

Cream butter and sugar. Sift flour with salt, soda, baking powder and spices. Add to first mixture alternately with tomato soup. Fold in floured raisins and nuts. Bake in loaf tin at 350 deg. for 1 hour.

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SPONGE CAKE

Mrs. J. Skene

5 egg yolks	1 tsp. vanilla
5 tbsp. cold water	5 egg whites
1 cup sugar	1 tsp. cream of tartar
1 c. sifted Velvet Flour	Pinch of salt

Beat first three ingred. ten minutes at quarter speed. Add flour and beat at slow speed. Add vanilla. Beat egg whites, together with cream of tartar and salt, till very stiff. Fold into first mixture. Bake at 325 for 1 hour.

APPLE CAKE

Mrs. James Myers, Genessee, Idaho

1 egg, beaten	1 tsp. soda
$\frac{1}{4}$ c. shortening, melted	$\frac{1}{2}$ tsp. salt
1 c. sugar	$\frac{1}{2}$ tsp. almond flavoring
1 c. sifted Robin Hood Flour	$\frac{1}{2}$ tsp. vanilla
$1\frac{1}{2}$ c. grated apple, unpeeled	Nuts & dates if desired

Sift dry ingredients together. Add shortening and apple. Blend well. Cook at 350 deg. 30 minutes. Serve with whipped cream or ice cream.

MYSTERY CAKE

Mrs. Burton Cowan

1 c. sifted Robin Hood Flour, $\frac{1}{2}$ c. butter, 2 tbsp. sugar. Cream together. Bake 5 min. in oven at 375 deg. Beat 2 eggs, add $1\frac{1}{2}$ cups brown sugar, $\frac{1}{2}$ c. cocoanut, 1 tsp. baking powder, pinch of salt, $\frac{1}{2}$ tsp. vanilla, 1 cup walnuts. Spread on bottom layer and bake 20 mins. at 375 deg.

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FUDGE CAKE

Mrs. Ross Taylor

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cup Robin Hood Flour
$1\frac{1}{4}$ cups sugar	$\frac{1}{2}$ tsp. salt
1 egg	1 tsp vanilla
4 tbsp. cocoa	1 tsp. soda dissolved in
$\frac{1}{4}$ cup boiling water	$\frac{1}{2}$ cup sour milk

Cream butter, add sugar, then egg and beat thoroughly. Mix boiling water with cocoa, cool and add. Sift flour and salt and add alternately with milk. Add vanilla. Bake at 350 deg. 35 to 40 minutes.

PEANUT BUTTER CAKE

Mrs. Ross Taylor

$\frac{1}{2}$ cup shortening	$\frac{2}{3}$ cup milk
$1\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ tsp. salt
2 eggs	2 tsp. baking powder
$1\frac{1}{2}$ c. Robin Hood Flour	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ c. peanut butter	

Cream shortening, sugar, add one egg at a time and mix well. Add peanut butter and beat thoroughly. Sift flour baking powder, and salt and add alternately with milk to first mixture. Add vanilla. Bake 50 min. at 350, 8" pan.

BOILED RAISIN CAKE

Mrs. B. Cowan

1 cup sugar	$\frac{1}{2}$ cup butter
1 cup cold water	1 tsp. cinnamon
1 cup raisins	1 tsp. cloves

Let come to boil, cool and add 2 cups flour, 1 tsp. soda. Mix well and bake in moderate oven 30 minutes.

BOILED RAISIN CAKE

Mrs. E. L. Himmelreich

Cover 3 cups raisins with boiling water and let simmer 20 minutes. Cream 1 cup sugar, $\frac{1}{2}$ cup shortening. Add 2 eggs. Add 3 cups Robin Hood Flour, 2 tsp. each cinnamon, allspice, cloves and pinch of salt. Dissolve 2 tsp. baking soda in 1 cup hot raisin water. Add raisins, floured. Half cup nuts may be added if desired. Bake 45min. at 325 deg.

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ORANGE AND RAISIN CAKE

Mrs. Lloyd Cobb

1 cup raisins	1 beaten egg
$\frac{1}{2}$ cup walnuts	2 c. Robin Hood Flour
Rind of one orange	1 tsp. soda
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ tsp. salt
1 cup sugar	$\frac{2}{3}$ cup warm water

Put first three ingredients through mincer. Cream butter, add sugar, then egg. Add water, then flour, salt and soda sifted together three times. Add fruit and nuts. Beat well and bake at 350 deg. 40 to 45 minutes.

BURNT SUGAR CAKE

Mrs. Donald Reid

1 cup butter	$1\frac{1}{2}$ cups sugar
3 egg yolks	1 cup cold water
$2\frac{1}{2}$ cups Robin Hood Flour	2 tsp. baking powder
3 egg whites	$\frac{1}{2}$ cup burnt sugar

Cream butter and sugar. Add egg yolks. Sift flour and baking powder and add alternately with water. Beat egg whites stiff and fold in. Add burnt sugar and vanilla.

DATE AND ORANGE CAKE

Mrs. H. Coggan

$\frac{1}{2}$ cup butter	2 c. Robin Hood Flour
1 cup sugar	$\frac{1}{4}$ tsp. salt
1 egg	1 tsp. baking powder
1 cup sour milk	$\frac{1}{2}$ cup walnuts
Grated rind of 1 orange	1 cup dates
1 tsp. soda dissolved in warm water	

Cream butter and sugar, add egg. Sift dry ingredients and add alternately with sour milk. Add dissolved soda and dates, nuts and orange rind. Bake at 350 deg. 35 mins.

ICING:

Mix juice of 1 orange with $\frac{1}{2}$ c. white sugar. Spread on cake when it comes from the oven. Sprinkle with cocoanut.

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OATMEAL CAKE

Mrs. B. Goodwin

1 cup oatmeal	1 tsp. cloves
1 cup boiling water	Pinch of mace
$\frac{1}{2}$ cup butter	1 tsp. soda
2 eggs	$\frac{1}{2}$ cup raisins
1 c. brown sugar	$\frac{1}{2}$ cup dates
1 tsp. cinnamon	$\frac{1}{2}$ cup walnuts
1 cup Robin Hood Flour	

Add boiling water to oatmeal and let stand for 20 minutes. Beat well butter, eggs, sugar and spices. Add oatmeal, soda fruits and nuts. Then add flour. Bake in moderate oven.

APPLESAUCE CAKE

Mrs. A. Leischner

$1\frac{1}{2}$ cups sugar	Pinch of salt
$\frac{3}{4}$ cup butter or lard	1 cup nuts
2 eggs	1 cup raisins
$2\frac{1}{2}$ cups Robin Hood Flour	2 cups apple sauce
1 tsp. cinnamon	1 tsp. soda added to
3 Tbsp. cocoa	apple sauce

Cream butter and sugar, add eggs and beat well. Add sifted dry ingredients, then raisins and nuts. Mix soda into applesauce and fold into mixture. Bake in moderate oven 350 deg. 45 minutes.

DEVIL'S FOOD CAKE

Mrs. Hugh MacFadyen

$1\frac{1}{2}$ c. sifted Velvet Flour	$\frac{2}{3}$ c. soft shortening
$1\frac{1}{4}$ c. sugar	1 c. sweet milk
$1\frac{1}{4}$ tsp. soda	1 tsp. vanilla
1 tsp. salt	$\frac{1}{8}$ tsp. red food coloring
$\frac{1}{4}$ tsp. cream of tartar	2 eggs, unbeaten
$\frac{1}{2}$ cup cocoa	

Into large mixing bowl sift the flour, sugar, salt, soda, cream of tartar. Stir in cocoa. Add shortening, milk, vanilla and coloring. Beat for 2 minutes by mixer at low speed, (or 200 strokes by hand). Scrape bowl. Add eggs, beat 2 mins. at low speed. Bake in greased pan at 350 deg. 30 to 40 min. for layers or 40 to 50 min. for 8" square pan.

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TROPICAL SPICE CAKE

Mrs. F. W. Paterson

1½ c. sifted Velvet Flour	2/3 cups white sugar
¾ tsp. baking powder	½ cup brown sugar
½ tsp. soda	2 eggs, unbeaten
½ cup shortening	¾ cup sour milk
½ tsp. each salt, cloves, cinnamon	

Sift dry ingredients. Cream shortening, add sugar and cream till fluffy. Add eggs one at a time. Add flour alternately with milk. Bake at 375 for 30 minutes. Cover with frosting and cocoanut.

PUMPKIN SPICE CAKE

Mrs. B. Cowan

½ cup shortening	½ tsp. soda
1 cup sugar	½ tsp. salt
2 eggs	1 tsp nutmeg
1/3 cup molasses	½ tsp. cloves
1 cup pumpkin	¼ tsp, ginger
2 c. Velvet Cake Flour	1/3 cup milk
2 tsp. baking powder	

Mix and bake in 8 x 8 pan at 375 degrees.

PINEAPPLE JAM CAKE

Mrs. J. E. Carefoot

1 cup Robin Hood Flour	1 cup sugar
1 tsp. baking powder	¼ cup butter
½ cup butter	2 cups cocoanut
2 eggs	1 tsp. vanilla
2 tbsp. milk	

Mix butter into baking powder and flour. Beat one egg, add milk and add to first mixture. Press into buttered pan. Spread with pineapple jam or marmalade. Mix sugar, ¼ cup butter, one egg, cocoanut and vanilla and spread on top. Bake half an hour in moderate oven.

ORANGE CAKE

Mrs. J. Neilson

1½ c. sifted Velvet Flour	½ cup shortening
1½ tsp. baking powder	1 cup sugar
¼ tsp. salt	2 eggs unbeaten
1 tsp. grated orange rind	½ cup orange juice

Add orange rind to butter and mix as ordinary cake. Bake 40 minutes at 350 degrees.

LEMON GRAHAM WAFER CAKE

Mrs. E. B. Burdette

14 graham wafers
1 cup brown sugar

$\frac{1}{4}$ tsp cinnamon
1 pkge. Jello Lemon Pie Filler

Crush and roll fine the graham wafers. Add sugar, cinnamon and mix well. Save one third for top of cake. Put remainder in pan and pour on lemon pie filling. Spread remainder of crumbs on top.

GRAHAM WAFER CAKE

Mrs. B. Coutts

$\frac{3}{4}$ cup sugar
1 cup cocoanut
1 egg, slightly beaten
1 tbsp. butter
3 tsp. baking powder

14 double graham wafers
1 tsp. vanilla
1 cup milk
pinch of salt

Mix dry ingredients. Make hole in middle and add eggs, milk, melted butter and vanilla. Stir just till mixed. Bake in 350 deg. oven. Ice with butter icing.

MATRIMONIAL CAKE

Mrs. A. P. Mathison

$1\frac{3}{4}$ cups oatmeal
 $1\frac{1}{2}$ cups Robin Hood Flour
 $1\frac{1}{4}$ cups brown sugar

$\frac{3}{4}$ cup butter
Pinch salt
 $\frac{1}{2}$ tsp baking powder

Filling: $1\frac{1}{4}$ cup dates cut fine, 1 cup water. Boil.

Cut butter into dry ingredients. Put half mixture in bottom of pan, spread dates on top and cover with remaining mixture. Bake at 325 deg. 25 minutes.

MACAROON CAKE

Mrs. B. Cowan

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sugar
4 egg yolks

1 cup Robin Hood Flour
 $1\frac{1}{2}$ tsp. baking powder
1 tsp. almond extract

Place batter in well greased pan. Beat 4 egg whites stiff. Beat in 1 cup sugar and 1 cup cocoanut. Spread this over batter and bake in slow oven, 300 deg. 45 min.

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ANGEL FOOD

Mrs. Murray Douglas

Sift together 1 $\frac{1}{8}$ cups sifted Velvet Cake Flour and $\frac{3}{4}$ cup sugar. Put into large bowl 11 to 13 egg whites and $\frac{1}{2}$ tsp. salt. Beat until foamy. Add $1\frac{1}{2}$ tsp. cream of tartar continue beating until whites are stiff and stand in points. Sprinkle in 1 cup sugar. Beat only enough to blend. Add 1 tsp. vanilla, $\frac{1}{2}$ tsp. almond extract. Fold in flour mixture. Pour into 10" tube pan and bake in oven 375 degrees, 30 - 35 minutes. Remove from oven and invert pan until cold.

CHOCOLATE ANGEL CAKE

Mrs. G. R. Farris
Coleville, Sask.

1 cup sugar	12 egg whites
$\frac{3}{4}$ cup Velvet Cake Flour	1 tsp. vanilla
$\frac{1}{4}$ cup cocoa	$\frac{1}{4}$ tsp. salt
1 tsp. cream of tartar	

Sift flour, cocoa and cream of tartar together 6 times. Beat egg whites with salt until a spoon will stand up in them. Fold sugar into egg whites slowly. Then fold in flour mixture. Do not beat the eggs when folding in the dry ingredients. Add vanilla last. Pour into angel cake pan and bake at 325 degrees 1 to $1\frac{1}{4}$ hours.

GOLDEN CHIFFON CAKE

Mrs. Ed. Stuart

Measure and sift together into mixing bowl 2 cups Velvet Cake Flour, $1\frac{1}{2}$ cups sugar, 3 tsp. baking powder, 1 tsp. salt. Make a well and add in order $\frac{1}{2}$ cup Mazola oil, 7 unbeaten egg yolks $\frac{3}{4}$ cup cold water, 2 tsp. vanilla, grated rind of 1 lemon. Beat until smooth.

Measure into large mixing bowl 1 cup egg whites, $\frac{1}{2}$ tsp. cream of tartar. Whip until whites form very stiff peaks. Pour egg yolk mixture gradually over whipped egg whites, gently folding with rubber scraper just until blended. Do not stir. Pour into 10 inch tube pan and bake 65 minutes in slow oven 325 degrees.

Small Recipe:

1 cup Velvet Cake Flour, $\frac{3}{4}$ cup sugar, $1\frac{1}{2}$ tsp baking powder, $\frac{1}{4}$ cup salad oil, 3 egg yolks, $\frac{3}{8}$ cup cold water plus 2 tbsp., 1 tsp. vanilla, 1 tsp. lemon rind, $\frac{1}{2}$ cup egg whites, $\frac{1}{4}$ tsp. cream of tartar.

Use small tube pan or 8 or 9 inch square pan. Bake at 350 deg. 30 minutes.

Sift together into mixing bowl $2\frac{1}{4}$ cups sifted Velvet Cake Flour, $\frac{3}{4}$ cups sugar, 3 tsp. baking powder, 1 tsp. salt. Mix in $\frac{3}{4}$ cup brown sugar. Make a well and add in order $\frac{1}{2}$ cup cooking salad oil, 5 unbeaten egg yolks, $\frac{3}{4}$ cups cold water, 2 tsp. maple flavoring. Beat with spoon until smooth or with electric mixer on medium speed for 1 minute.

Measure into large mixing bowl 1 cup egg whites, $\frac{1}{2}$ tsp. cream of tartar. Beat by hand until whites form very stiff peaks or with electric mixer on high speed 3 to 5 minutes. Do not underbeat. Egg whites are stiff enough when a rubber scraper drawn through them leaves a clean path. Pour egg yolk mixture gradually over beaten egg whites, gently folding with rubber scraper just until blended. Do not stir. Sprinkle over batter 1 cup finely chopped pecans. Pour into 10 inch tube pan and bake 55 minutes at 325deg.

RAINBOW CAKE

Mrs. J. Neilson

Measure into bowl 3 cups sifted Velvet Cake Flour, 2 cups sugar, $\frac{3}{4}$ cup Crisco, 1 tsp. salt, 1 cup milk. Mix well by hand or mixer (medium speed) for 2 minutes. Stir in 5 tsp. double-acting baking powder. Add 4 egg whites (save yolks for icing), $\frac{1}{2}$ cup milk. Mix thoroughly. Divide batter into three parts.

White Layer: Add $\frac{1}{2}$ tsp. vanilla to prepared batter.

Yellow Layer: Add 4 drops yellow coloring, $\frac{1}{2}$ tsp. lemon extract.

Dark Layer: Add $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{8}$ tsp. cloves, $\frac{1}{8}$ tsp. soda, 2 tbsp. cocoa, blended with 2 tbsp. water.

Bake each layer in square 8 or 9 inch pans. Bake at 350 degrees 25 to 30 minutes.

Dreamy Icing: Combine 4 egg yolks, 3 cups sifted icing sugar, $\frac{1}{4}$ tsp. salt, $1\frac{1}{2}$ tsp. vanilla, $\frac{1}{3}$ cup cream. Add $\frac{1}{2}$ cup Crisco and beat until creamy. Ice cake and decorate with mint wafers.

BLITZEN CAKE

Mrs. Hugh MacFayden

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sugar
4 egg yolks

4 tbsp. milk
1 cup Robin Hood Flour
1 tsp. baking powder

Cream butter & sugar. Beat in egg yolks. Add other ingredients. Spread in pan. Cover with following icing: Beat 4 egg whites till stiff, add $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup chopped almonds. Bake in moderate oven 350 degrees about 30 minutes.

LIGHT FRUIT CAKE

Mrs. Jack Nodwell

1 cup butter	2 lbs. sultana raisins
2 cups sugar	1 lb. cocoanut
6 eggs	$\frac{1}{2}$ lb. citron peel
$2\frac{1}{4}$ cups Robin Hood Flour	$\frac{1}{2}$ lb. almonds
4 tsp. baking powder	$\frac{1}{2}$ lb. cherries
$\frac{1}{4}$ cup fruit juice	1 tsp. almond flavoring
1 tin crushed pineapple	

Cream butter, add sugar and well beaten eggs. Dredge fruit with 1 cup flour. Sift remainder flour and baking powder and add to first mixture alternately with pineapple. Add fruit juice and flavoring. Bake $2\frac{1}{2}$ hours.

WHITE FRUIT CAKE

Mrs. W. Baldwin

10 oz. butter	1 pkge. mixed candied fruit
1 cup white sugar	2 pineapple rings, red & green
3 egg yolks	$2\frac{3}{4}$ cups Robin Hood Flour
1 lb. sultana raisins	1 tsp. baking powder
$\frac{1}{4}$ lb mixed peel	3 egg whites
$\frac{1}{2}$ cup cherries	2 tsp. vanilla
$\frac{1}{2}$ cup blanched almonds	

Cream butter and sugar, add egg yolks. Flour fruit and add to mixture. Beat egg whites stiff and fold in. Bake in slow oven $1\frac{1}{2}$ hours.

WEDDING CAKE

Mrs. W. Baldwin

12 eggs	2 tsp. soda dissolved in
2 lbs. brown sugar	4 tbsp. hot coffee
$1\frac{1}{2}$ lbs. butter	2 tsp. nutmeg
$2\frac{1}{2}$ lbs. raisins	6 c. Robin Hood Flour
$2\frac{1}{2}$ lbs. currants	$\frac{3}{4}$ tsp. each allspice, ginger
2 lbs. dates	$\frac{1}{2}$ tsp. cloves
$\frac{1}{2}$ lb. mixed peel	1 cup sour cream
1 lb. blanched almonds	1 cup applesauce, jam or jelly
1 lb. walnuts	Salt, vanilla, almond flavoring
1 pkge. cherries	

Mix in the usual way, mixing butter, sugar and adding egg yolks. Use some of the flour to dredge fruit. Add the stiffly beaten egg whites last. Enough for 3 tiered cake.

NOTE: Always freeze fruit cakes as soon as they are baked and they will never be dry.

CHRISTMAS CAKE

Mrs. J. M. Farris, Benalta, Alta.

1 lb. seedless raisins	2 tsp. cinnamon
2 lbs. currants	2 tsp. nutmeg
1 lb. seeded raisins	1 tsp. allspice
$\frac{1}{2}$ lb. candied cherries	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ lb. candied pineapple	1 lb. brown sugar
1 lb. mixed peel	1 lb. butter
1 lb. almonds	8 eggs, beaten lightly
1 lb. dates	$\frac{1}{4}$ cup jelly or fruit juice
$3\frac{1}{2}$ cups Robin Hood Flour	3 tbsps. sour cream
1 tsp. soda	1 tsp. vanilla

Wash and dry in oven the raisins and currants. Sift dry ingredients and sift over fruit. Mix in the usual way. Bake 3 to 4 hours.

LIGHT CHRISTMAS CAKE

Mrs. J. Neilson

$1\frac{1}{2}$ cups seedless raisins	$\frac{1}{2}$ cup soft shortening
$\frac{1}{4}$ lb. blanched almonds	$\frac{1}{2}$ cup soft butter
$\frac{1}{4}$ cup glace cherries	1 tsp. vanilla
1 cup mixed fruits	1 tsp. almond extract
$2\frac{1}{2}$ cups sifted Robin Hood	1 tsp. grated lemon rind
1 tsp. baking powder	1 cup gran. sugar
$\frac{1}{2}$ tsp. salt	4 eggs, well beaten
$1\frac{1}{2}$ tbsps. lemon juice	

Prepare in usual way. Bake at 275 degrees, med. cake 2 to $2\frac{1}{2}$ hrs., small, $1\frac{1}{2}$ to 2 hrs. Will keep 3 to 4 weeks.

GUM DROP CAKE

Gas Company

1 cup butter	1 tsp. baking powder
1 cup sugar	$\frac{1}{4}$ tsp. soda
2 eggs	3 cups Robin Hood flour
1 tsp. each cinnamon, salt, nutmeg.	1 cup applesauce, sweetened
1 lb. colored gumdrops	1 lb. seedless raisins

Sift dry ingred. cream butter & sugar. Add beaten eggs. Add 1 c. flour with applesauce. Add raisins which have been boiled 5 min., drained & cooled. Add rem. flour, gumdrops cut in quarters. Bake 1 hour at 325 deg.



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GINGER SNAPS

Mrs. W. E. Walls

1 cup molasses
1 tbsp. ginger
1 tsp. cinnamon

$\frac{1}{2}$ cup shortening
1 tbsp. lemon juice
1 tsp. soda

Warm molasses and shortening. Add other ingredients
Use as little extra flour as possible to roll out. Bake in
hot oven.

GINGER SNAPS

Mr. Burton Cowan

Mix thoroughly 1 cup molasses with $\frac{2}{3}$ cups shortening.
Add 1 egg, 1 cup sugar, 3 tsp. soda, 3 tsp. ginger, 1 tsp.
cloves, 1 tsp. cinnamon. Add enough flour to roll in
balls Do not add too much. Roll pieces to size of marble
and place on cookie sheet 2" apart. Bake at 375 degrees.

CRISP GINGER SNAPS

1 cup rolled oats
 $\frac{1}{3}$ cup sugar
2 cups Robin Hood Flour
1 tsp. ginger
1 tsp. cinnamon

1 tsp. allspice
 $\frac{1}{2}$ cup shortening
1 cup molasses (warm)
1 tsp. soda

Mix rolled oats and sugar. Sift together flour, soda
and spices, then add to oats and sugar. Rub in shortening
until fine, then add warm molasses. Mix well. Make into
little balls and pat down with fork. Place 1 inch apart
on greased cookie sheet. Bake 10 minutes at 375 degrees.

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SOFT MOLASSES COOKIES

Mrs. Hugh MacFadyen

$2\frac{1}{4}$ cups Robin Hood Flour	$\frac{1}{2}$ cup shortening
1 tsp. ginger	$\frac{1}{2}$ cup sugar
1 tsp. cinnamon	$\frac{1}{2}$ cup molasses
$\frac{1}{4}$ tsp. salt	1 egg
2 tsp. soda	6 tbsp. cold coffee
2 tbsp. hot water	$\frac{1}{2}$ cup seedless raisins

Sift first four ingredients. Dissolve soda in hot water and cool. Cream sugar and shortening. Add molasses, egg and beat. Add flour mixture alternately with coffee. Stir in cooled soda mixture. Add raisins. Drop by table-spoons 2" apart. Bake in 400 deg. oven 15 minutes.

CHOCOLATE CHIP COOKIES

Mrs. B. Cowan

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ tsp. salt
$\frac{3}{4}$ cup brown sugar	$\frac{1}{4}$ tsp. soda
1 egg	$\frac{1}{2}$ tsp. vanilla
1 cup flour	$\frac{1}{4}$ lb. semi-sweet chocolate
2 tbsp. cornstarch	cut in small pieces

Drop by spoon and bake slowly.

CHIPIT OATMEAL COOKIES

Mrs. J. F. Trick

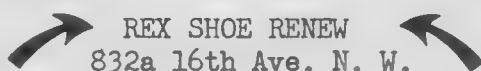
2 cups Robin Hood Flour	1 cup brown sugar
$\frac{1}{2}$ tsp. salt	1 tsp. soda
2 cups rolled oats	$\frac{1}{4}$ cup boiling water
$\frac{1}{2}$ cup cocoanut	1 tsp. vanilla
1 cup shortening	1 pkge. Chipits
1 egg	

Sift flour and salt. Add rolled oats, cocoanut and sugar. Cut in shortening, add soda dissolved in hot water. Add vanilla and chipits. Drop well apart on greased pan. Press with fork. Bake 12 to 15 minutes at 350 degrees.

BROWN AND WHITE KISSES

Mrs. Arthur Powel

Beat 2 egg whites till stiff. Beat in $\frac{1}{2}$ cup sugar. Fold in $\frac{3}{4}$ cups semi-sweet chocolate pieces, 1 tsp. vanilla. Drop by teaspoons on cookie sheet. Bake at 250 degrees 30 to 35 minutes.

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PLAIN COOKIES

Mrs. Ross Taylor

1 cup butter	1 tsp. soda
$\frac{1}{2}$ cup sugar	2 cups Robin Hood Flour
$\frac{1}{2}$ cup brown sugar	1 tsp. vanilla
1 egg	Pinch of salt
1 tsp. cream of tartar	

Mix well, roll in balls, press with fork and bake.

CORNFLAKE MACAROONS

Mrs. R. Brownfield

2 egg whites	1 cup brown sugar
2 cups cornflakes	$\frac{1}{2}$ cup chopped dates
1 cup cocoanut	$\frac{1}{2}$ tsp. vanilla

Beat egg whites stiff, gradually add brown sugar. Fold in cornflakes, dates, cocoanut and vanilla. Drop in small mounds on greased baking sheet and bake in slow oven 325 deg. about 20 min. When baked place pan on dampened cloth and remove macaroons immediately.

MACAROONS

Mrs. G. Westre

1 cup dates chopped fine	$\frac{1}{2}$ cup sugar
1 cup chopped nuts	2 egg whites
1 cup cocoanut	Pinch of salt

Mix all fruit together. Add beaten egg whites, then gradually add sugar. Mix well with hands. Drop from spoon. Bake in moderate oven.

WALNUT OR PEANUT WAFERS

Mrs. Ross Taylor

$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ tsp. cream of tartar
$\frac{1}{4}$ cup white sugar <i>butter</i>	1 $\frac{3}{4}$ cups Robin Hood Flour
1 egg	$\frac{3}{4}$ cup walnuts or peanuts
$\frac{1}{2}$ tsp. soda	1 tsp. vanilla

Drop on pan and press with fork. Bake in mod. oven.

PECAN FINGERS

Mrs. G. Westre

$\frac{7}{8}$ cup butter	1 tsp. vanilla
5 tbsp. sugar	2 cups Robin Hood Flour
1 tbsp. cold water	1 cup chopped pecans

Mix in usual way. Roll in finger size. Bake 375 deg. Remove from pan and roll in fruit sugar while hot.

JOCANNY COOKIES

Mrs. Ross Taylor

2 cups brown sugar	2 cups Robin Hood Flour
$\frac{1}{2}$ cup butter	2 tsp. baking powder
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ tsp. soda
2 eggs, well beaten	2 cups oatmeal
Pinch of salt	1 cup cocoanut
1 tsp. vanilla	

Roll in balls, press with fork and bake.

PARKINS

1 egg	1 tsp. soda, dissolved in
$\frac{1}{2}$ cup butter	2 tbsp. buttermilk
$\frac{3}{4}$ cup brown sugar	1 cup oatmeal
1 tbsp. molasses	1 tsp. vanilla
$\frac{3}{4}$ cup dates	1 cup Robin Hood Flour

Drop by teaspoon onto greased cookie sheet and bake.

BOILED RAISIN COOKIES

Mrs. H. Coggan

$1\frac{1}{2}$ cups raisins. Cover with water and simmer 15 mins.

1 tsp. soda	$\frac{1}{2}$ tsp. salt
$1\frac{3}{4}$ cups Robin Hood Flour	1 egg
$\frac{3}{4}$ cups sugar	1 tsp. cinnamon
2 tbsp. shortening	$\frac{1}{2}$ tsp. cloves

Mix in usual way and add raisins last. Drop by spoon on greased cookie sheet and bake in mod. oven 10 to 15 min.

DAD'S COOKIES

Mrs. Murray Douglas

1 cup shortening	2 cups oatmeal
2 cups brown sugar	Pinch of salt
2 eggs	$\frac{1}{2}$ tsp. soda
1 cup cocoanut	2 cups Robin Hood Flour

Roll in balls and flatten with fork. Bake at 375 deg.

FRUIT COOKIES

Mrs. G. W. Mackie

1 cup butter	$\frac{1}{2}$ lb. each raisins and walnuts
1 cup sugar	2 cups Robin Hood Flour
3 eggs	1 tsp. soda, pinch of salt
1 lb. dates	Green and red cherries

Drop from spoon and bake in mod. oven 325 degrees.

DATE AND NUT COOKIES

Mrs. Dick Pettifor

$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ tsp. soda
$\frac{3}{4}$ cup brown sugar	1 tbsp. boiling water
1 egg	$1\frac{1}{4}$ cups Robin Hood Flour
$\frac{1}{4}$ cup chopped raisins	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{4}$ cup chopped dates	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup chopped nuts	$\frac{1}{2}$ tsp. vanilla

Mix in usual way. Add fruit and nuts, then soda dissolved in hot water. Add sifted dry ingredients. Drop by spoonfull 1" apart on greased sheet. Bake at 325 deg.

FILBERT DROP CAKES

Mrs. Ross Taylor

1 cup brown sugar	2 eggs
2 cups nuts	2 tbsp. melted butter
$1\frac{1}{2}$ cups cocoanut	3 tbsp. Robin Hood Flour
Drop by tsp. on pan and bake	

SWEDISH PASTRY COOKIES

Mrs. Johnny Pregitzer

$\frac{1}{2}$ cup butter	1 tsp. vanilla
$\frac{1}{4}$ cup brown sugar	1 cup Robin Hood Flour
1 egg yolk	

Roll in balls size of walnut. Beat egg whites slightly, roll in crushed walnuts. Top with a cherry if desired. Bake until brown.

PEANUT BUTTER COOKIES

Mrs. F. W. Paterson

$\frac{1}{2}$ cup shortening	1 egg
$\frac{1}{2}$ cup peanut butter	1 cup Robin Hood Flour
$\frac{1}{2}$ cup brown sugar	1 tsp. soda
$\frac{1}{2}$ cup white sugar	Pinch of salt

Mix together, press with fork and bake.

CORNFLAKE COOKIES

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ tsp. soda
1 cup brown sugar	$\frac{1}{2}$ tsp. salt
2 eggs, well beaten	2 cups cornflakes
$1\frac{1}{2}$ cups Robin Hood Flour	1 cup raisins or dates
$\frac{1}{2}$ tsp. baking powder	

Mix in usual way. Press with fork. Bake at 375 deg.

OATMEAL COOKIES

Mrs. F. W. Paterson

1 cup shortening	1 tsp. soda
1 cup brown sugar	2 cups oatmeal
2 c. Robin Hood Flour	$\frac{1}{2}$ cup sour milk
$\frac{3}{4}$ tsp. salt	

Cream butter and sugar. Sift flour, salt and soda. Mix with oatmeal. Add to first mixture along with milk. Roll out and cut with cutter. Bake in moderate oven.

OATMEAL AND CORNFLAKE COOKIES

Mrs. Carl Harstrom

1 cup shortening	$\frac{1}{2}$ tsp. baking powder
1 cup brown sugar	$\frac{1}{2}$ tsp. baking soda
1 egg	$\frac{1}{2}$ tsp. salt
$1\frac{1}{4}$ c. Robin Hood Flour	1 cup rolled oats
	1 cup cornflakes

Cream butter, sugar, add egg. Sift flour, baking powder, soda and salt. Add to first mixture. Mix in rolled oats and cornflakes. Form in balls, press down with fork. Bake in moderate oven.

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CLIFFORD TEA COOKIES

Mrs. J. E. Carefoot

- | | |
|--------------------|--------------------------------------|
| 1 cup butter | $\frac{1}{2}$ tsp. salt |
| 2 cups brown sugar | 1 cup nuts or raisins |
| 2 eggs | $3\frac{1}{2}$ cups Robin Hood Flour |
| 1 tsp. soda | |

Mix in evening. Chill overnight. Slice with sharp knife and bake in moderate oven.

ORANGE NUT COOKIES

Mrs. E. Amiss, North Dakota

- | | |
|----------------------------|------------------------------------|
| 1 cup shortening | $2\frac{3}{4}$ c. Robin Hood Flour |
| 1 cup brown sugar | 1 tsp. salt |
| 1 egg, beaten | $\frac{1}{4}$ tsp. soda |
| 2 tbsp. orange juice | $\frac{1}{2}$ cup chopped nuts |
| 1 tbsp. grated orange rind | |

Cream shortening and sugar, add egg and beat until fluffy. Add orange juice and rind. Sift dry ingredients and add to creamed mixture. Add nuts. Form in rolls and chill. Slice thin and bake at 375 deg. 8 to 10 minutes.



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CHEESE MOONS

Mrs. W. E. Walls

2 cups Robin Hood Flour 1 cup lard
1 cup cream cheese $\frac{1}{2}$ tsp. salt

Mix same as pie crust. Roll out and cut with cookie cutter. Put jelly on one half and fold. Put in a cool place for an hour. Bake 450 deg. 8 min.

BUTTERSCOTCH COOKIES

Mrs. B. Cowan

1 cup butter $\frac{1}{2}$ tsp. salt
2 cups brown sugar 1 tsp. soda
2 eggs unbeaten $\frac{1}{2}$ tsp. baking powder
3 $\frac{1}{2}$ cups Robin Hood Flour 1 tsp. vanilla

Mix in usual way. Form in rolls and chill thoroughly. Slice thinly and bake in 325 deg. oven.

For special occasions add $\frac{1}{2}$ cup each of cherries, walnuts, raisins and $\frac{1}{4}$ cup each of cut citron and candied ginger, all put through the mincer.



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JAM JAMS

Mrs. Ross Taylor

2 cups Robin Hood Flour	$\frac{1}{2}$ tsp. salt
3 tsp. baking powder	1 cup shortening
2 tbsp. sugar	

Mix like pastry. Add 1 egg, 1 tsp. vanilla, $\frac{1}{2}$ cup milk. Mix well. Roll about as thick as pie crust, cut in squares place dab of jam on each square. Fold corners up, pinch together and bake in muffin tins.

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OATMEAL JAM JAMS

Mrs. M. G. Rogers

2 cups oatmeal	$\frac{1}{2}$ cup sour milk
2 cups Robin Hood Flour	1 tsp. soda
1 c. butter & lard mixed	Pinch of salt
1 c. sugar	

Mix and roll thin and bake in moderate oven 400, 12 min. Put jam, jelly or dates between.

DATE AND PINWHEEL COOKIES

Mrs. J. Dunnett

$\frac{1}{4}$ cup sugar	$\frac{1}{3}$ cup water
$\frac{1}{2}$ lb. dates	Pinch of salt
$\frac{1}{4}$ lb. chopped walnuts	

Cook tog. sugar, dates, water. Add nuts, salt let cool.

$\frac{1}{2}$ cup butter or margarine	1 egg, well beaten
$\frac{1}{2}$ cup brown sugar	2 cups Robin Hood Flour
$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ tsp. soda $\frac{1}{4}$ tsp. salt

Mix and roll out $\frac{1}{4}$ inch thick. Spread date mixture over dough and roll up like jelly roll. Chill overnight. Slice with sharp knife. Bake in moderate oven.

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SHORTBREAD

Mrs. Nancy MacFayden, Winnipeg

1 cup butter	1 tsp. cornstarch
$\frac{1}{2}$ cup icing sugar	1 tsp. salt
2 c. Robin Hood Flour	1 tsp. vanilla

Cream butter and sugar gradually till like whipped cream. Add flour which has been sifted with cornstarch and salt a little at a time till soft dough is formed. Add vanilla Roll on lightly floured board to $\frac{1}{4}$ inch thick. Cut into desired shapes. Bake at 300 deg. 15 minutes.

OATMEAL SHORTBREAD

Mrs. B. Goodwin

$\frac{1}{2}$ cup butter	Pinch of salt
$\frac{1}{2}$ cup Robin Hood Flour	$\frac{1}{4}$ cup fruit sugar
$2\frac{1}{4}$ cups rolled oats	$\frac{1}{2}$ cup blanched almonds

Mix together and pack in shallow tin. Arrange whole almonds on top or chop and add to mixture. Bake 35 min. at 325 deg. till golden brown.

UNCOOKED DAINTRIES

HOO-JAWS

Mrs. E. D. Froome, Spirit River, Alta.

Roll 28 graham wafers fine. Mix 1 can Eagle Brand (sweetened) $\frac{1}{2}$ cup raisins, 1 cup nuts, 22 marshmallows cut in quarters, 1 c. cocoanut, cherries optional, shape in balls and roll in wafer crumbs. Chill overnight.

CHOCOLATE MALLOWS

Mrs. C. Peppard, DeWinton, Alta.

Cut 20-25 marshmallows in fours, using scissors dipped in cold water. Melt 4 squares chocolate. Chop 1 cup nuts. Beat 2 egg whites stiff and to them add 1 cup icing sugar. Then add well beaten egg yolk. Mix well and add melted chocolate. Add marshmallows and nuts and $\frac{1}{2}$ tsp. vanilla. Spread on well greased shallow pan. Let stand overnight in frig. before cutting.

GRAHAM WAFER SLICE

Mrs. E. C. Smith, Edmonton

$\frac{1}{2}$ package Graham Wafers	2 tbsp. cocoa
$\frac{1}{2}$ cup chopped walnuts	1 beaten egg
$\frac{1}{2}$ cup margarine	1 tsp. vanilla
$\frac{1}{2}$ cup sugar	

Break wafers to size of thumb nail. Boil margarine, sugar, cocoa and egg together 1 min. Add cocoa mixture and vanilla to wafers and nuts. Spread in greased tin. Ice with chocolate icing. Store in frig.

RICE CRISPIES DATE COOKIES

Mrs. B. Coutts

2 eggs	$1\frac{1}{2}$ cups dates	1 tsp. vanilla
$\frac{3}{4}$ cup sugar		2 c. Rice Crispies

In large, heavy cold frying pan place beaten eggs, sugar and chopped dates. Cook over moderate heat 10 minutes, counting from the time pan is put on stove. Stir constantly. Mixture is very thick when cooked. Add vanilla and rice crispies. Allow to cool slightly. Drop by teaspoon onto plate of fine cocoanut. Press down with fork.

TOFFEE BARS

Mrs. A. Amble, North Dakota

3 bars Mackintosh Toffee and 2 tbsp. cream. Melt together over low heat. Remove and add $\frac{1}{2}$ cup cocoanut, 2 cups Rice Crispies or crushed cornflakes. Shape into balls and chill.

JELLO CRISPS

Mrs. George Baker

$\frac{3}{4}$ cup shortening	1 cup oatmeal
2 tbsp. sugar	$1\frac{1}{2}$ tsp. baking powder
1 egg	$\frac{3}{4}$ tsp. salt
1 cup Robin Hood Flour	1 tsp. vanilla
1 pkge. Jello Pudding, any. flavor	

Cream together shortening, jello powder and sugar. Add egg. Add flour, baking powder and salt sifted together. Add oatmeal. Drop by teaspoons on oiled cookie sheet. Bake at 375 deg. for 12 to 15 minutes.

CHINESE CHEWS

Mrs. B. Cowan

Beat 2 eggs. Add $\frac{2}{3}$ cups sugar, $\frac{2}{3}$ cups Robin Hood Flour, $\frac{2}{3}$ tsp. baking powder, $\frac{1}{2}$ tsp. salt, 1 tsp. vanilla. Chop and add $\frac{1}{4}$ cups walnuts, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup dates. Spread out in shallow pan. Bake in moderate oven. While hot cut in narrow strips and roll in powdered sugar.

WALNUT SLICE

Mrs. Postlethewaite

Bake 10 minutes at 350 degrees, $\frac{1}{2}$ cup butter or marg. 2 tbsp. sugar, $1\frac{1}{2}$ cups Robin Hood Flour, $\frac{1}{2}$ tsp. salt.

Topping: $\frac{1}{2}$ cup cocoanut	1 cup brown sugar
$\frac{1}{2}$ cup glace cherries	$\frac{1}{2}$ cup walnuts
$\frac{1}{2}$ cup dates	2 tbsp. Robin Hood Flour
1 tsp. baking powder	2 beaten eggs

Beat eggs and add other ingredients. Spread on bottom part. Bake at 300 degrees for 30 minutes. Ice if desired

COCOANUT BARS

Mrs. Mary Himmelreich

1 cup Robin Hood Flour	1 tsp. baking powder
$\frac{1}{2}$ cup butter	Pinch of salt
1 egg	1 tbsp. milk

Spread in pan and spread with jelly or jam.

2 cups cocoanut	1 egg
1 cup sugar	1 tsp. melted butter
1 tsp. vanilla	

Spread on bottom part. Bake in moderate oven 350 deg. for 30 minutes.

PINEAPPLE SQUARES

Mrs. G. Westre

2½ cups crumbed Dad's Cocoanut cookies mixed with ¼ cup melted butter. Pack part in pan. Cook a few minutes.

Filling: ½ cup soft butter 2 egg yolks
1½ cups icing sugar 1 egg white

Mix and spread on cooled crumbs.

Topping: Whip ½ pint cream. Add other egg white and whip. Add 1 tin crushed, drained pineapple. Spread on other mixture and put crumbs on top. Put in frig.

ALMOND DATE SQUARES

Mrs. W. Baldwin

Cream ½ cup white sugar, ½ cup butter, 2 egg yolks. Add ½ cup Robin Hood Flour, ¼ tsp. salt, 1 tsp. baking powder, 1 tsp. vanilla. Press this in bottom of a pan 8 x 12 inches. Cook 1 large cup dates in ½ cup water. Spread over first mixture. Beat 2 egg whites stiff, add 1 cup brown sugar. Spread over dates and sprinkle with slivered almonds or broken walnuts. Bake 30 to 35 min.

DATE AND NUT SQUARES

Mrs. H. Coggan

3 tbsp. melted butter	1 cup chopped dates
1 cup white sugar	1 cup Robin Hood Flour
1 egg	1 tsp. baking powder
3 tbsp. milk	½ tsp. salt
½ cup chopped nuts	1 tsp. vanilla
½ cup cocoanut	

Mix ingredients in order. Bake in square pan 30 mins. When cool, ice with orange icing.

FUDGE SQUARES

Mrs. Bill Whitley, Edmonton

½ cup butter	½ cup Robin Hood Flour
¼ cup sugar	½ tsp. baking powder
2 eggs beaten	1 tsp. vanilla
2 squares chocolate	1 cup walnuts

Cream butter and sugar. Add beaten eggs, melted chocolate. Add sifted flour and baking powder, then vanilla and walnuts. Bake 25 min. in medium slow oven. 325deg.

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WALNUT SQUARES

Mrs. H. Anderson & Mrs. M. Andeberg

$\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup butter
2 egg yolks

$1\frac{1}{2}$ cups Robin Hood Flour
 $1\frac{1}{2}$ tsp. baking powder
1 tsp. vanilla

Mix above ingredients. Pack in pan. Sprinkle with 1 c. chopped walnuts. Beat 2 egg whites till stiff, then add 1 cup brown sugar. Mix well. Pour over nuts. Bake in moderate oven 325 deg. for 30 minutes.

CHOCOLATE SQUARES

Mrs. G. Westre

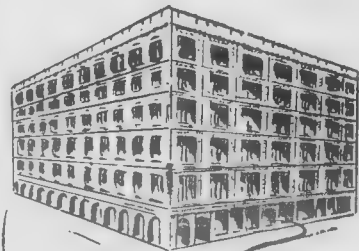
$2\frac{1}{2}$ cups crumbed Dad's Cocoanut Cookies mixed with $\frac{1}{4}$ cup melted butter. Save some for on top and put rest in pan. Bake a few minutes.

Filling: $\frac{1}{2}$ cup butter
1 cup icing sugar
2 sq. Dot Choc.
3 eggs
1 tsp. vanilla
 $\frac{1}{2}$ cup chopped nuts
Pinch of salt

Spread on cooled crumbs. Sprinkle crumbs on top.



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INCORPORATED 27th MAY 1870

LEMON SQUARES

Mrs. F. W. Paterson

$1\frac{3}{4}$ cup cracker crumbs	1 tsp. baking powder
$\frac{3}{4}$ cup Robin Hood Flour	$\frac{3}{4}$ cup shortening
$\frac{1}{2}$ cup sugar	2 tbsp. milk
$\frac{1}{2}$ cup cocoanut	

Mix dry ingredients. Rub in shortening. Add milk. Put half in pan and press down.

Mix 2 tbsp. Robin Hood Flour, 1 cup sugar, juice and rind of 1 lemon. Add 1 cup boiling water and 1 beaten egg. Cook till thick. Cool and spread over crumbs. Cover with remaining crumbs. Bake at 375 deg. for 25 minutes.

RASPBERRY SQUARES

Mrs. G. Pederson

1 egg	Topping:
1 c. Robin Hood Flour	1 egg
1 tsp. baking powder	4 tbsp. melted butter
$\frac{1}{2}$ cup butter	1 cup white sugar
1 tbsp. milk	2 cups cocoanut
8 tbsp. raspberry jam	1 tsp. vanilla

Sift flour, baking powder and cut in butter. Stir in beaten egg and milk. Mix well. Spread on bottom of ungreased 8" pan. Cover with layer of jam.

Topping: Beat egg and melt butter. Stir sugar into egg. Stir in butter, cocoanut, vanilla. Spread on top of jam. Bake until golden brown.

PINEAPPLE BARS

Mrs. Harold Coggan

1 cup Robin Hood Flour	$\frac{1}{2}$ cup butter
1 tsp. salt	1 cup rolled oats
$\frac{1}{2}$ tsp. baking soda	1 c. crushed pineapple drained
$\frac{1}{2}$ cup brown sugar	1 tbsp. pineapple juice

Sift tog. flour, salt, soda. Add rolled oats, sugar and mix well. Cut butter into dry ingredients, and pineapple and juice. Mix well. Spread mixture in 7" by 11" pan. Bake at 350 deg. for 30 minutes.

Icing: Combine $\frac{1}{2}$ cup icing sugar with 1 tbsp. pineapple juice and spread over bars.

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FROSTINGS AND ICINGS

LEMON BUTTER

4 eggs
 $1\frac{1}{2}$ cups sugar

3 lemons
Lump of butter

Beat eggs in top of double boiler, add sugar and lemon. Cook over water until thick. Add butter.

FLUFFY ICING

Mrs. Hugh MacFadyen

1 cup brown sugar
3 tbsp. cold water
Pinch salt

1 unbeaten egg white
 $\frac{1}{8}$ tsp. cream of tartar
 $\frac{1}{2}$ tsp. vanilla

Place sugar, water, salt, cream of tartar and egg white in top of double boiler over hot water. Beat with beater until mixture is smooth and thick enough to form peaks. Add flavoring.

BROWNEB BUTTER ICING

Mrs. E. Himmelreich

Keep $\frac{1}{4}$ cup butter over low heat until golden brown. Remove from heat. Blend in 2 cups icing sugar, 2 tbsp. cream, 1 tsp. cooking oil, $1\frac{1}{2}$ tsp. vanilla. Stir vigorously until consistency to spread.

MOCHA BUTTER ICING

Mrs. J. Neilson

2 to 4 tbsp. strong coffee $\frac{1}{2}$ tsp. vanilla
 $1\frac{1}{2}$ to 2 cups icing sugar

Add sugar gradually to liquid, blending well after each addition until icing is of right consistency to spread. Add flavoring and spread on cake.

EASY WHITE ICING

Mrs. F. H. Ward

6 tbsp. soft butter 1 tsp. vanilla 2 tbsp. cream
 $\frac{1}{2}$ cup icing sugar 1 tbsp. boiling water

Beat with rotary beater until it is like whipped cream.

EASY CHOCOLATE ICING

Mrs. J. Anderson

Mix 3 tbsp. cream with $1\frac{1}{8}$ cups icing sugar. Melt 2 sq. chocolate with 2 tbsp. butter. While hot stir into sugar and beat. Add vanilla.

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PASTRIES

MINCE MEAT

Mrs. Carl Harstrom

2 lbs. suet	1 lb. apples
2 lbs. brown sugar	$\frac{1}{2}$ cup marmalade
2 lbs. currants	2 tsp. ground ginger
2 lbs. raisins	2 tsp. mixed spice
2 lbs. mixed peel	1 tsp. cinnamon

Put suet, currants, raisins, peel, apples through food chopper, mix with other ingredients. Add 1 cup brandy. Put in jars and keep in cool place.

MINCE MEAT

Mrs. H. Dyer

1 lb. suet	1 tbsp. allspice
1 lb. currants	1 tbsp. salt
2 lbs. raisins	$2\frac{1}{4}$ lbs. brown sugar
$\frac{3}{4}$ lb. citron peel	1 qt. cider or apple juice
1 tbsp. cinnamon	6 apples
1 tbsp. nutmeg	3 oranges and rind
1 tbsp. mace	3 lemons and rind
1 tbsp. cloves	

Put oranges, lemons and apples through food chopper. Mix ingredients well. Heat through in large kettle and put in sealers. Do not boil.

PRUNE PIE

Mrs. Donald Fogg

$\frac{1}{2}$ to $\frac{3}{4}$ lb. prunes	$1\frac{1}{2}$ tsp. butter
$\frac{1}{2}$ cup sugar	1 tbsp. Robin Hood Flour
1 tbsp. lemon juice	

Cook prunes, drain, remove stones, cut in quarters and mix with sugar and lemon juice. Put mixture in unbaked pie shell, add $1\frac{1}{2}$ tbsp. prune juice. Dot with butter and sprinkle with flour. Put on upper crust and bake 10 min. at 450 deg., then 40 min. at 350 deg.

SOUR CREAM PIE

Mrs. C. Currence

1 cup cooked raisins	$\frac{1}{4}$ tsp. salt
1 cup sour cream	2 eggs, beaten
$\frac{1}{2}$ cup sugar	2 tbsp. weak vinegar
$\frac{1}{2}$ tsp. each cinnamon, ginger, cloves.	

Mix together and bake in 2 crusts.

ANGEL PIE

Mrs. D. M. Hourigan, Montreal, Que.

Beat 4 salted egg whites until fluffy, add $\frac{1}{2}$ tsp. cream of tartar and gradually add 1 cup sugar, beating until stiff. Spread in greased 9" pie pan. Bake 1 hour at 250 deg. Cool. Beat 4 egg yolks until thick, add $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup lemon juice. Cook over hot water till thick, stirring constantly. Cool. Spread over baked meringue and cover with $\frac{3}{4}$ cup heavy cream, whipped. Sprinkle with grated chocolate. Keep in frig. until ready to serve.

HEAVENLY PIE

Mrs. Virgil White

1 envelope plain gelatin	$\frac{1}{4}$ cup and 6 tbsp. sugar
$\frac{1}{4}$ cup cold water	1 tsp. almond flavoring
2 cups rich milk	$\frac{1}{2}$ tsp. vanilla
2 eggs	$\frac{1}{2}$ cup whipping cream
Pinch salt	$\frac{1}{2}$ cup cocoanut

Soak gelatin in cold water. Scald milk in double boiler. Beat egg yolks, add salt and $\frac{1}{4}$ cup sugar. Stir scalded milk into eggs and cook over boiling water until thick. Add gelatin, stirring until dissolved. Beat egg whites, add 6 tbsp. sugar and fold into custard. Add flavoring. Pour into baked pie shell and top with whipped cream and cocoanut.

LEMON PIE

Mrs. J. Neilson

1 cup sugar	2 lemons, juice and grated rind
4 tbsp. cornstarch	$1\frac{1}{2}$ cups boiling water.
2 egg yolks	

Cook in double boiler until thick. Use egg whites for meringue.

LEMON CHIFFON PIE

Mrs. Albert Anderson

6 egg yolks	Juice of 2 lemons
1 cup sugar	Grated rind of 1 lemon
4 tbsp. butter	6 egg whites

Cook egg yolks, sugar, butter, juice and rind of lemons until thick. Beat 4 egg whites and add to mixture. Do not cook. Add 1 tbsp. water to 2 egg whites and beat. Add 2 tbsp. sugar. Spread on top for meringue.

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GRAHAM WAFER PIE

Mrs. F. W. Paterson

Crush 20 Graham Wafers and add 6 tbsp. butter. To 1 pkge. red Jello at $\frac{1}{2}$ cup hot water, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup lemon juice, grated lemon rind. Let cool. Whip 1 can Alpha Milk (chilled) till thick. Add to Jello mixture. Press half crumbs into pan, add Jello mixture. Cover with remaining crumbs. Chill. Top with whipping cream.

PARADISE PIE

Mrs. H. Coggan

1 cup sugar	2 tsp. cold water
1 cup unsweetened pineapple juice	$\frac{1}{8}$ tsp. salt
6 medium sized apples	$\frac{1}{2}$ tsp. vanilla
2 tsp. cornstarch	1 tsp. butter

Bring pineapple juice and sugar to boil, then add apples (pared, cored, cut in eighths). Cook slowly, uncovered, till tender. Stir, but do not break in pieces. Lift apples out carefully and cool. Arrange in 10" pie plate, lined with unbaked pastry. Dissolve cornstarch in cold water, add hot syrup to it. Cook until thickened. Add butter and vanilla, pour over apples. Cut $\frac{1}{2}$ " strips of pastry and criss cross on pie. Bake at 450 deg. 10 to 15 min., then at 350 till done.

MOCK CHERRY PIE

1 cup sugar	1 cup boiling water
$\frac{1}{2}$ cup raisins	1 tsp. butter
1 cup cranberries	1 tsp. vanilla
2 tbsp. Robin Hood Flour	$\frac{1}{4}$ tsp. salt

Mix in order given. Bake in double crust at 350 deg.

SOUR CREAM PIE

Mrs. E. L. Himmelreich

1 cup sour cream	$\frac{1}{2}$ tsp. cinnamon
$1\frac{1}{4}$ cups sugar	$\frac{1}{4}$ tsp. cloves
3 eggs	$\frac{1}{2}$ cup seedless raisins, boiled

Beat 3 egg yolks and 1 white slightly, add 1 cup sugar, raisins, spices and cream. Mix well and pour into unbaked pie shell. Bake at 350 until set. Beat egg whites stiff, add remaining sugar, spread on pie and bake till brown.

RHUBARB BUTTERSCOTCH PIE

Mrs. C. E. Smith, Edmonton

3 cups rhubarb	2 eggs, beaten
1 cup brown sugar	3 tbsp. cream
3 tbsp. Robin Hood Flour	$\frac{1}{8}$ tsp. salt

Slice rhubarb into pie crust. Mix remaining ingred. together, pour over rhubarb and bake in moderate oven till filling is firm.

RHUBARB CUSTARD PIE

Mrs. C. Currence

1 cup sugar	2 eggs
2 tbsp. Robin Hood Flour	2 cups rhubarb
2 tbsp. butter	

Crumb sugar, flour and butter. Add beaten egg yolks, mix with rhubarb and cook in unbaked pie shell. Use egg whites for meringue, or bake in two crusts.

PUMPKIN PIE

Mrs. J. Neilson

3 eggs	$\frac{1}{4}$ tsp. cloves
1 cup sugar	$\frac{1}{4}$ tsp. allspice
1 tsp. cinnamon	$1\frac{1}{2}$ cups canned pumpkin
$\frac{1}{4}$ tsp. ginger	2 cups milk. Pinch salt

Beat eggs, add sugar, spices and pumpkin. Beat thoroughly, then add milk and mix well. Pour into 1 large or 2 small uncooked pie crusts. Bake in moderate oven.

CREAM PIE

Mrs. Otto Nunn

Mix $\frac{1}{4}$ cup butter, 1 cup brown sugar, 2 tbsp. Robin Hood Flour together. Add 1 beaten egg, $1\frac{1}{3}$ cups milk, $\frac{1}{2}$ tsp. vanilla. Bake in 1 crust at 325 degrees.

Soften 1 envelope gelatine in $\frac{1}{4}$ cup cold water. Combine in top of double boiler $1\frac{1}{4}$ cups mashed, cooked pumpkin, $\frac{3}{4}$ cup evaporated milk, undiluted, $\frac{1}{2}$ cup water, 2 egg yolks, slightly beaten, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. nutmeg, $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{4}$ tsp. ginger. Cook 10 mins. Stir in softened gelatine. Chill until slightly thickened.

Beat 2 egg whites until foamy. Add $\frac{1}{4}$ cup brown sugar, beat until stiff. Fold in pumpkin mixture with $\frac{1}{2}$ tsp. vanilla, $\frac{3}{4}$ cup cocoanut, toasted. Turn into baked pastry shell. Top with $\frac{1}{3}$ cup whipping cream, whipped and sweetened to taste. Decorate with $\frac{1}{4}$ cup toasted cocoanut.

To Toast Cocoanut: Spread cocoanut thinly in shallow pan. Toast in mod. oven 350 deg. about 10 mins. or until delicately browned, stirring frequently.

RICE KRISPIE TART SHELLS

Mrs. Mary Himmelreich

Put 3 cups Rice Krispies cereal in greased bowl. Cook $\frac{1}{4}$ lb. marshmallows and 2 tbsp. butter over hot water until $\frac{1}{4}$ syrupy. Then pour over cereal, stirring briskly. Butter hands and quickly press enough mixture into each $3\frac{3}{4}$ " tart pan on bottoms and sides. Set 1 hour. Fill with ice cream and top with berries, fruit or chocolate sauce.

BUTTER TARTS

Mrs. J. Skene

$\frac{1}{3}$ cup butter	4 tbsp. milk
1 cup white or brown sugar	1 cup raisins or currants
2 eggs	1 cup chopped nuts

Cream butter and sugar, add beaten yolks, then milk. Fold in beaten whites, nuts and raisins. Bake till set.

HONEY TARTS

Boil 2 cups brown sugar and 1 cup water to a light syrup. Add 2 beaten eggs, 1 tbsp. honey and $\frac{1}{4}$ tsp. nutmeg. Beat. Fill unbaked tart shells. Bake as for pie.

PINEAPPLE TARTS

Cook $\frac{3}{4}$ cup sugar, 2 tbsp. Robin Hood Flour, $\frac{1}{2}$ cup water till thick. Pour over 2 beaten egg yolks. Add $\frac{1}{4}$ tsp. salt. Cook 3 mins. longer. Add 1 cup crushed pineapple and fill baked patty shells. Chill.

SHERBERT

Mrs. Carl Harstrom

Combine $\frac{3}{4}$ cup sugar and 3 cups cold water. Boil 2 min. Dissolve 1 jelly powder in hot liquid. Then add:-
1 cup cold water 1 cup fruit juice 2 tbsp. lemon juice
Place in refrigerator tray and freeze $\frac{1}{2}$ hour. Remove and beat. Freeze another $\frac{1}{2}$ hour. Remove and beat. Freeze.

LEMON SHERBERT

Mrs. J. Anderson

1 cup sugar	Rind of 1 lemon
Juice of 2 lemons	1 pint milk

Stir until dissolved. Put in freezer and freeze to a mush. Take out and beat with egg beater. Freeze again.

FROZEN LEMON CRISP

Mrs. Harry Strain

1 whole egg	$\frac{1}{4}$ cup lemon juice
2 eggs, separated	1 cup whipping cream
$\frac{1}{2}$ cup sugar	16 graham wafers
$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ cup butter or margarine

Beat whole egg and 2 yolks and sugar together. Stir in lemon and salt, then cook in double boiler till thick. Cool. Whip cream till thick, egg whites till stiff, then combine. Fold cool lemon mixture into this. Crumble and mix wafers with butter and line refrigerator tray with half, put in lemon and cover with remaining crumbs.

TOASTED SNOW SQUARES

Mrs. W. M. Pringle

1 envelope plain gelatine	3 egg whites, unbeaten
4 tbsp. cold water	$\frac{1}{4}$ tsp. salt
1 cup boiling water	1 tsp. vanilla
2/3 cups sugar	16 graham wafers, rolled fine

Sprinkle gelatine over cold water and let soak 5 mins. Add boiling water and stir until dissolved. Cool slightly. Add egg whites, salt and vanilla. Beat with rotary beater at high speed until mixture resembles thick cream. Turn into 9 x 9 pan and chill. To serve cut pudding in 1" squares and roll in graham cracker crumbs. Arrange in dessert glasses and top with butter sauce.

Butter Sauce: Beat 2 egg yolks until thick. Gradually add $\frac{1}{3}$ cup sugar. Add $\frac{1}{3}$ cup melted butter, 1 tbsp. lemon rind and 1 tbsp. lemon juice. Blend. Fold in $\frac{1}{3}$ c. heavy cream, whipped, and chill.

LEMON PUDDING

Mrs. W. Camp

1 tbsp. butter	1 cup sugar
2 tbsp. Robin Hood Flour	1 cup milk
2 egg yolks	1 lemon, juice and grated rind

Cream butter, add sugar gradually. Sift in flour and add well beaten egg yolks mixed with lemon rind and juice. Add milk and fold in two stiffly beaten egg whites. Pour into greased dish and bake in pan of water about 40 mins.

LEMON PUDDING

Mrs. W. M. Pringle

Mix $\frac{3}{4}$ cup sugar, juice and rind 1 lemon, $1\frac{1}{2}$ cups water. Let stand $\frac{1}{2}$ hour and stir occasionally. Melt $\frac{1}{4}$ cup butter, add 1 cup sugar, 1 egg, 1 cup Robin Hood Flour, 1 tsp. baking powder, $\frac{1}{2}$ cup milk. Beat well and pour over first mixture. Bake $\frac{1}{2}$ hour in moderate oven.

LEMON CRACKLE

Mrs. J. M. Campbell

1 cup sugar	2 tbsp. cornstarch
1 cup water	$\frac{1}{4}$ cup butter
2 egg yolks	1 tsp. vanilla
Juice & grated rind 1 lemon	

Bring sugar, water, lemon juice and rind to boil. Add egg yolks, cornstarch well mixed with a little water. Stir until thick. Remove from heat, add butter and vanilla.

Cake: 1 cup brown sugar $\frac{1}{2}$ tsp. soda
 $\frac{1}{2}$ cup butter 1 cup fine cocoanut
1 cup Robin Hood Flour 10 soda crackers

Roll soda crackers, mix in butter and sugar. Add flour cocoanut and soda. Mix well. Put $\frac{3}{4}$ mixture in pan. Spread on filling and then rest of mixture on top. Bake in medium oven till slightly brown.

LEMON MOLD

Mrs. B. Coutts

3 eggs, beaten Juice $1\frac{1}{2}$ lemons 1 cup sugar

Cook in double boiler till thick, cool. Whip 1 cup cream, fold into cold custard. This custard can be used in flapper pie or as a pudding.

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RICE PUDDING

Mrs. H. Coggan

3 tbsp. rice	1 cup water
1 pint milk	$\frac{1}{2}$ cup sugar
1 tbsp. butter	$\frac{1}{4}$ tsp. salt
1 tsp. vanilla	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ tsp. cinnamon	

Place all ingredients in baking dish and bake 2 hours.
Let cool and mix with whipped cream.

APPLE PUDDING

Mrs. W. L. Barker

Mix 1 tbsp. Robin Hood Flour, 4 tbsp. sugar, $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ tsp. cinnamon with 2 cups peeled and sliced apples and place in buttered casserole. Mix $\frac{1}{2}$ cup rolled oats, $\frac{1}{2}$ cup Robin Hood Flour, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ tsp. baking powder together and rub in 4 tbsp. soft butter as for pie crust. Place mixture over apples and bake at 350 degrees.

ORANGE PUDDING

Mrs. A. J. Bousefield, Star City

Boil together 5 minutes $\frac{3}{4}$ cup boiling water, 1 tbsp. butter, $\frac{3}{4}$ cup white sugar, juice of 2 oranges. Make batter of the following: $\frac{1}{4}$ cup sugar, 1 tbsp. butter, $\frac{1}{2}$ cup milk, 1 cup Robin Hood Flour, 1 tsp. baking powder. Mix well and drop into hot liquid. Bake 40 minutes at 350 degrees.

PINEAPPLE DESSERT CAKE

Mrs. Ray Dare

$\frac{1}{2}$ cup butter	1 $\frac{1}{8}$ cups Robin Hood Flour
$\frac{1}{4}$ cup sugar	1 tsp. baking powder
3 egg yolks, beaten	Pinch salt
$\frac{1}{2}$ cup milk	Bake 25 min. 350 deg. Cool.

Filling: Cook together 1 can crushed pineapple, 2 tbsp. cornstarch, $\frac{1}{2}$ cup sugar, 1 egg yolk, juice and grated rind of 1 lemon. Cool. Put on top of cooled cake.

Top with 4 egg whites, beaten stiff, 8 tbsp. icing sugar. Sprinkle with crushed nuts and brown in slow oven.

HALF HOUR PUDDING

Mrs. C. P. Ballard

$\frac{1}{3}$ cup brown sugar	1 cup dates or raisins
$\frac{1}{2}$ cup milk	2 tsp. baking powder
1 cup Robin Hood Flour	Pinch of salt

Make sauce of 1 cup brown sugar, 2 cups boiling water and 1 tbsp. butter and pour over the above mixture. Bake for $\frac{1}{2}$ hour at 400 degrees.



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HONEY STEAMED PUDDING

Mrs. Dick Pettifor

$\frac{2}{3}$ cup honey
 $\frac{1}{4}$ cup butter
1 egg, well beaten
 $\frac{1}{2}$ cup milk

$\frac{1}{2}$ cup bran
1 cup raisins
1 cup Robin Hood Flour
 $\frac{1}{2}$ tsp. soda, $\frac{1}{4}$ tsp. salt

Cream butter and honey. Add egg, milk and blend. Add bran and raisins and fold in sifted dry ingredients. Place in well oiled mold, cover tightly and steam for 2 hours. Serve hot with pudding sauce.

CARROT PUDDING

Mrs. Hugh MacFadyen

$1\frac{1}{2}$ cups Robin Hood Flour
1 tsp. soda
 $1\frac{1}{2}$ tsp. salt
1 cup brown sugar
1 cup chopped suet
1 cup raisins
1 tbsp. shredded peel

1 cup currants
 $\frac{1}{2}$ cup blanched almonds
1 lemon, juice and rind
1 cup grated potato
1 cup grated carrot
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. cloves or nutmeg

Sift flour, soda, salt & spices. Add sugar, suet, fruit, nuts and vegetables. Lastly add lemon. Pour into buttered molds, cover with greased paper. Steam 2 to $2\frac{1}{2}$ hours.

CARROT PUDDING

Mrs. Ross Taylor

$1\frac{1}{2}$ cups Robin Hood Flour
1 cup brown sugar
1 cup beef suet
1 cup raisins

1 cup currants
1 cup grated potatoes
1 cup grated carrots
1 tsp. soda

Mix together and steam for 3 hours.

STRAWBERRY DELIGHT

Mrs. A. V. Johnston

Beat until very stiff 4 egg whites. Add pinch of salt, $\frac{1}{2}$ tsp. cream of tartar, 1 cup sugar. Make individual meringues about size of a saucer. Bake 1 hr. at 250 deg. Cool. Cover with fresh strawberries and whipped cream.

MAPLE-WALNUT BREAD CUSTARD

Mrs. J. Neilson

4 slices bread	$\frac{1}{8}$ tsp. salt
6 tbsp. chopped walnuts	2 cups milk, scalded
2 eggs	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ cup maple syrup	1 tbsp. sugar

Spread slices with soft butter and make into two sandwiches using 4 tbsp. of the nuts as filling. Cut each sandwich into four squares and arrange in prepared baking dish. Beat eggs slightly. Stir in maple syrup and salt. Gradually stir in scalded milk and vanilla. Pour custard into baking dish. Sprinkle top with sugar and remaining nuts. Place in pan of hot water and bake 50 min. at 350.

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F I S H

TO BAKE FISH: Dip slices of cod, salmon or halibut in salted milk, then in fine bread crumbs, lay in well buttered pan with dabs of butter on each piece. Bake 15 mins. at 450 degrees.

FISH AND CHIPS

Mrs. K. Diewold

Clean fillets of fish.. Season with salt and pepper, then roll in Robin Hood Flour, dip in a thin batter and fry at 360 deg. F. in deep fat.

To make batter: Sift together 1 cup sifted Robin Hood Flour, 1 tsp. baking powder, $\frac{1}{2}$ tsp. salt. Beat 2 eggs, add $\frac{2}{3}$ cup milk and 1 tbsp. melted butter. Combine with sifted ingredients. Beat into a smooth batter.

CODFISH CAKES

Mrs. Harry Strain

1 lb. salt codfish	1 large onion
2 lbs. potatoes, boiled	$\frac{1}{2}$ tsp. curry powder
2 eggs, slightly beaten	

Put cooked cod, boiled potatoes and raw onion through food grinder. Add curry powder and eggs, mix well. Form into cakes, dip in fine bread crumbs. Fry in shallow fat till golden brown on each side. Serve with tomato sauce.

PEPPERS STUFFED WITH CRABMEAT

4 tbsp. butter	$\frac{1}{4}$ cup dry white wine
2 tbsp. cornstarch	1 tsp. lemon juice
1 tsp. salt	2 cups crabmeat
Pinch of paprika	1 cup cooked rice
$\frac{1}{4}$ tsp. nutmeg	6 green peppers
1 cup light cream	

Cut tops from peppers, remove seeds and parboil 5 mins. Drain. Scald cream, add butter, salt, nutmeg, cornstarch which has been mixed with wine and lemon juice. Cook, stirring constantly, until thickened. Combine with crabmeat and rice. Fill peppers with mixture. Top with dash of paprika. Bake in moderate oven 350 deg. 20 minutes.

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OYSTER AND HAM PIE

Mrs. Harry Strain

2 tbsp. butter
2 tbsp. Robin Hood Flour
 $\frac{1}{2}$ cup oyster liquor
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup dry white wine
 $\frac{1}{2}$ tsp. salt

$\frac{1}{8}$ tsp. pepper
2 cups diced cooked ham
1 pint oysters, drained
2 cups peas
1 batch biscuit dough

Melt butter, add flour and mix well. Add oyster liquor, milk and wine. Cook till thickened. Add salt, pepper, ham, oysters and peas. Pour into casserole. Prepare biscuits and put on top. Bake 425 deg. for 15 mins.

SHRIMP CREOLE AND RICE

Mrs. O. D. McWilliam

Heat 2 tbsp. salad oil, add 1 onion, chopped, 1 pkge. frozen or canned shrimp (rinsed in cold water). Simmer for 20 minutes $1\frac{1}{2}$ cups tomatoes, 1 green pepper, diced, 1 clove garlic, crushed, $\frac{3}{4}$ tsp. salt, $\frac{1}{4}$ tsp. paprika. Mix 1 tsp. cornstarch with 1 tbsp. cold water, add to sauce and cook for a few minutes. Serve with fluffy rice.

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TUNA CRISP

Mrs. A. McIntosh

2 oz. wide egg noodles 1 can condensed Cream of Mushroom Soup.
1 can Tuna, 7 oz.
2 tbsp. pimiento 1 4-oz. pkge. potato chips

Cook noodles in salted boiling water. Drain. Stir in tuna and oil, pimiento and soup. Reserve enough large potato chips for top. Crush remaining chips, cover bottom of shallow casserole. Add tuna mixture. Top with whole potato chips. Bake at 350 deg. till chips crisp.

OLIVE SALMON LOAF

Mrs. Harry Strain

2 cups drained flaked salmon 4 tbsp. minced parsley
 $\frac{1}{2}$ cup milk 2 tbsp. lemon juice
2 cups small bread cubes 2 tbsp. ripe olive slices
2 eggs, slightly beaten $\frac{1}{2}$ tsp. salt
1 tbsp. grated onion $\frac{1}{8}$ tsp. pepper

Combine all ingredients. Mix well and pour into greased loaf pan. Bake 40 minutes at 375 degrees.

SALMON PUDDING

Mrs. J. Anderson

1 small can salmon 1 egg
1 cup milk $\frac{1}{2}$ cup dried bread crumbs

Mix together and bake $\frac{1}{2}$ hour in moderate oven.

SARDINE SAVORY

Mrs. F. H. Ward

Melt 2 tbsp. butter, add 1 tbsp. Robin Hood Flour, $\frac{1}{4}$ tsp. salt, dash of pepper. Mix well and add 1 cup milk. Cook until smooth and add $\frac{1}{2}$ cup grated cheese, 1 small tin sardines, mashed, 1 tsp. dry mustard. Serve on toast.

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LUNCHEON AND SUPPER DISHES

FILLER-DILLER CASSEROLE

Mrs. F. H. Whittle

3 tbsp. bacon fat	1 tin tomatoes
1 lb. hamburger	1 tin red kidney beans
4 medium onions, chopped	1 tsp. salt & pepper
1 pkge. macaroni, spaghetti or noodles	

Cook macaroni and drain. Brown meat and onions in fat. Add tomatoes and simmer 15 min. Add remaining ingredients. Sprinkle with grated cheese. Bake 30 min. at 375 deg.

ITALIAN SPAGHETTI

Mrs. F. H. Ward

Boil amount of spaghetti needed. Drain well and place in greased casserole. Cover with following sauce:

$\frac{1}{4}$ lb. minced beef	1 small onion, diced
$\frac{1}{4}$ lb. minced pork	salt and pepper

Mix well, form into small patties and sear. Add 4 tbsp. tomato catsup and enough water to cover. Cover and bake at 325 deg. $1\frac{1}{2}$ hours.

TOMATOES AND SPAGHETTI

Mrs. Percy Giles

1 can tomatoes	$\frac{1}{2}$ small onion, minced
$1\frac{1}{2}$ cups spaghetti	$\frac{1}{4}$ lb. cheese, grated
$\frac{1}{2}$ green pepper	

Combine all ingredients except cheese in baking dish. Sprinkle cheese on top and bake $1\frac{1}{2}$ hours at 375 degrees.

SAUSAGE CASSEROLE

Mrs. K. Diewolf

Boil 8 pork sausages 5 min. and drain. Peel and core 6 apples. Place sausages in bottom of casserole, add apples, filled with $\frac{1}{2}$ cup brown sugar, and pour over them 1 pt. seasoned stewed tomatoes. Bake 45 min. 375 deg.

SPANISH RICE

Mrs. C. P. Ballard

$\frac{1}{2}$ cup rice	1 can tomato soup
1 small onion	1 lb. minced steak

Cook and drain rice. Add other ingredients, season to taste. Bake at 375 for $\frac{3}{4}$ hour. Minced cold roast beef and gravy may be substituted for steak and soup.

ROYAL RICE CASSEROLE

Jessie M. Evans

2 cups cooked rice	1 lb. minced steak
2 medium carrots grated	2 tbsp. salad oil
2 onions chopped	

Line greased casserole with $\frac{3}{4}$ cups rice, season each layer to taste. Then a layer of $\frac{1}{2}$ the carrots, a layer of half the onions. Put all of steak in, cover with remaining carrots, onions, then remainder of rice mixed with salad oil. Cover and bake in moderate oven 45 minutes. Remove cover for last 10 minutes to brown. A can of asparagus or mushroom soup can be used as a sauce.

MEAT BALLS

Mrs. Hugh MacFadyen

1 lb. ground beef	$\frac{1}{2}$ cup rice
1 lb. ground pork	Salt, pepper, allspice
2 eggs	1 cup tomato soup
1 large onion	

Mix all ingredients together except soup. Form balls. Cover with hot water and let simmer till rice is cooked. Pour soup over mixture and bake in oven.

BEEF UPSIDEDOWN PIE

Mrs. J. Anderson

1 $\frac{1}{2}$ cups Robin Hood Flour	1 tsp. celery salt
3 tsp. baking powder	$\frac{3}{4}$ tsp. pepper
1 tsp. salt	3 tbsp. shortening
1 tsp. paprika	$\frac{3}{4}$ cup milk

Mix as biscuit dough. Melt 2 tbsp. shortening in 9" frying pan and cook $\frac{1}{4}$ cup sliced onions till soft. Add 1 can tomato soup, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ lb. ground beef. Bring to boil. Spread pastry on meat and bake in hot oven 20 minutes. Turn upsidedown on platter.

MEAT CASSEROLE

Mrs. Murray Douglas

Roll 1 $\frac{1}{2}$ lbs. pork tenderloin(frenched) in Robin Hood Flour and seasoning. Brown in skillet. Place in casserole. Pour over 1 tin mushroom soup thinned with water. Simmer in slow oven for 1 hour.

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MACARONI LOAF

Mrs. H. Roedler, Carstairs

1½ or 2 cups macaroni	1 cup soft bread crumbs
1 or 1½ cups milk	¼ cup butter
1 cup grated cheese	1 small onion(chopped)
3 eggs	1 tsp. salt

Cook macaroni in salt water until tender. Rinse in cold water, mix all together. Line a baking dish with buttered paper. Bake one half to ¾ hour. Serve with tomato sauce.

Sauce: 1 small tin of tomato juice, add enough flour to thicken, and season with salt and pepper. Tomato soup may be used instead of juice.

CHEESE SOUFFLE

Mrs. Don Fogg

4 tbsp. Robin Hood Flour	1½ cups milk
1 tsp. salt	½ lb. cheddar cheese
Dash pepper	6 eggs

Melt butter in double boiler. Add flour, stirring it smooth. Slowly stir in milk, salt, pepper, and cook until smooth. Slice cheese into sauce, cook till melted. Remove from heat. Beat yolks and add to cheese sauce, stirring. Beat whites until stiff but not dry. Then slowly pour the cheese sauce on the beaten whites. Turn the mixture into an ungreased casserole up to within ¼ inch of top. To form a crown with a teaspoon, make a shallow path about 1 inch in from edge of casserole all the way round. Bake 1½ hour, 300 deg.

QUICK CHEESE LAYER BAKE

Mrs. Phil Jones

12 slices of bread	1 tsp. salt
4 eggs	1/8 tsp. pepper
2½ cups milk	2 tomatoes, sliced
½ tsp. mustard	1 tbsp. minced onion
½ lb. cheese	

Remove crust from bread. Arrange 6 slices in greased baking dish, 12 x 8 x 2 . Cover bread with sliced cheese and tomatoes, then cover with remaining bread. Beat eggs, add milk and remaining ingredients and blend. Pour over bread. Let stand 1 Hr. Bake 50 min. 325 deg.

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BARBECUED SPARE RIBS

Mrs. Percy Giles

2 lbs. spare ribs	1 tbsp. Worcester sauce
1 medium onion, chopped	2 tbsp. brown sugar
2 tbsp. fat	$\frac{1}{2}$ cup water
$\frac{1}{4}$ cup lemon juice	1 cup chili sauce
2 tbsp. vinegar	Salt and pepper

Have spare ribs cut in serving portions. Bake in mod. oven 350 deg. for 30 minutes. Brown onion in fat, add remaining ingredients and cook slowly 20 minutes. Pour over spare ribs and bake 1 hour.

SWEET AND SOUR SPARE RIBS

Mrs. O. D. McWilliam

$1\frac{1}{2}$ lbs. spare ribs cut in 1" pieces	$\frac{1}{4}$ cup vinegar
1 tbsp. soy sauce	2 tbsp. cornstarch
3 tbsp. brown sugar	1 cup cold water

Cook spare ribs in a skillet until delicate brown. Combine all ingredients, cook in skillet 10 minutes, or until smooth. Add drained spare ribs and cook 5 minutes in sauce.

LEFT OVER MEAT DISH

Mrs. W. Baldwin

$\frac{1}{4}$ cup fat	2 tbsp. soy sauce
1 cup onions	2 tbsp. cornstarch
1 cup celery	1 tbsp. sugar
1 can bean sprouts	4-6 cups meat, ground
$\frac{3}{4}$ cup water or gravy	Salt

Saute onions and celery in fat 10 min. Add meat, water or gravy, then other ingredients. Bake $\frac{1}{2}$ hr. in casserole.

BAKED BEANS

Mrs. B. Goodwin

1 cup navy beans	1 tsp. dry mustard
$\frac{1}{2}$ tsp. soda	Salt and pepper
3 tbsp. molasses	Salt Pork or side bacon

Soak beans overnight in cold water. Drain, boil with soda 1 hour. Rinse and put in crock with other ingredients. Cover with boiling water, bake 5 to 6 hours at 250 degrees.

SHEPHERD'S PIE

Put ground left over roast beef, onion, seasoning, gravy in casserole. Cover with mashed potatoes. Bake 15 mins.

BROILER DINNER

Mrs. Percy Giles

1 lb. round steak minced	1 tsp. salt
1 tbsp. chopped onion	$\frac{1}{2}$ tsp. mustard
2 tbsp. chili sauce	$\frac{1}{8}$ tsp. pepper
2 tsp. cornstarch	6 strips bacon

Form into 6 patties, wrap each with strip of bacon and secure with toothpick.

Place on broiler tray 1 pkge. each frozen corn and peas. Add strips of pimiento. Place rack over this and on it place the meat patties and partially cooked potatoes rubbed with margerine.

HAM AND SWEET POTATOES

Mrs. Harry Strain

1 lb. sweet potatoes	$\frac{1}{3}$ cup cider vinegar
$\frac{1}{2}$ lb. sliced cooked ham	$\frac{3}{4}$ cup pineapple juice
$1\frac{1}{2}$ lbs. sliced apples	1 tsp. prepared mustard
$\frac{1}{2}$ cup brown sugar	

Peel and slice sweet potatoes, boil. Drain, put in greased baking dish and cover with ham. Combine remaining ingredients, bring to boil and simmer 10 minutes. Pour over ham and potatoes. Bake 350 degrees, 30 minutes.

PORK PIE

$2\frac{1}{2}$ cups cold roast pork	Salt and pepper
2 medium sized apples	Pie crust or biscuit dough
1 cup leftover gravy	

Cut pork in cubes, slice apples. Put alternate layers in baking dish, cover with gravy and pie crust or biscuit dough. Bake in moderate oven till pastry is cooked.

PICNICKERS

Mrs. B. Cowan

Roll out 1 recipe biscuit dough to $\frac{1}{4}$ inch thickness. Cut 16 oblongs 3" x 4".

Mix together 1 cup ground, cooked meat, $\frac{1}{4}$ cup chili sauce, 1 tsp. prepared mustard, 1 tbsp. grated onion, 2 tbsp. water. Place 2 tbsp. of mixture on each of 8 oblongs. Top with remaining oblongs. Crimp edges and bake on baking sheet 12 to 15 minutes at 425 degrees.

TOMATO BISQUE

Mrs. B. Coutts

2 cups tomatoes
 $\frac{1}{4}$ cup rice
2 cups water
Salt and pepper
2 tbsp. butter

2 tbsp. Robin Hood Flour
2 cups milk
2 Oxo cubes
 $\frac{1}{4}$ tsp. soda

Sieve tomatoes, place in saucepan with rice, water, salt, pepper and boil until rice is cooked. Add Oxo cubes. Make thin white sauce with butter, flour and milk. Stir soda into tomato mixture. Add white sauce, stirring constantly. Add bay leaf and remove when soup is finished.

FRIED ONION RINGS

Mrs. E. Himmelreich

Peel and slice thinly into rings 4 large onions, place in bowl. Cover with 2 cups milk. Let stand 10 mins. Combine in another bowl 2 c. Robin Hood Flour, 2 tsp. salt. Dip onion rings in flour mixture. Drop floured onion rings into hot melted shortening. Cook till golden brown.

CHEESE-STUFFED PEPPERS

Mrs. J. B. Spencley

4 green peppers
 $\frac{3}{4}$ cup cheese
 $\frac{3}{4}$ cup bread crumbs

$\frac{3}{4}$ cup mayonnaise
 $\frac{1}{2}$ cup milk
1 tbsp. butter

Cut off $\frac{1}{2}$ slice from top of peppers and take out seeds, core and membrane carefully. Fill peppers with above mixture up to $\frac{1}{4}$ " from top. Dot with butter. Set in baking dish, pour $\frac{1}{2}$ " hot water in bottom of dish and bake 30-40 min. or until peppers are tender but slightly crisp.

CAULIFLOWER WITH CREAM OF MUSHROOM SAUCE

1 head cauliflower
1 tbsp. butter
 $1\frac{1}{2}$ tbsp. Robin Hood Flour

1 can mushroom soup
 $\frac{1}{4}$ cup toast crumbs
 $\frac{1}{4}$ cup grated cheese

Place the hot whole cauliflower in a heated serving dish and sprinkle with salt. Pour over a sauce made as follows: Melt the butter, add flour and stir until well blended. Then add soup and stir until smooth and very hot. Mix the crumbs and cheese and sprinkle them over top of the sauce. Serve at once. 6 to 8 servings.

CHILI CON CARNE

Mrs. Melendy

1 lb. Hamburger	2 tins tomato soup
1 onion	Salt
1 green pepper	Pepper
2 lge. cans Red Kidney Beans	Chili powder

Fry hamburger, onions and pepper together, then add other ingredients.

BUN STEADS

Mrs. C. Klein

Chop 2 tbsp. green pepper, 2 tbsp. onion, 2 tbsp. olives 2 tbsp. pickles. Add 1 cup cheese, cubed, 3 hard boiled eggs, 1 cup salad dressing, mix ingredients. Fill hamburger buns. Place in 250 deg. oven for 30 minutes.

CHOP SUEY

Mrs. H. Coggan

2 c. chopped chicken or pork	Garlic salt if desired
2 onions, chopped fine	Salt and pepper
$\frac{1}{2}$ green pepper, chopped	$\frac{1}{4}$ cup water
1 20 oz. tin bean sprouts	$\frac{1}{2}$ cup cold water mixed with
2 cups celery, chopped	1 tbsp. cornstarch
1 tbsp. soy sauce	1 cup mushrooms

Brown meat and onions in bacon fat. Add mushrooms and green pepper and brown. Add garlic salt, celery and $\frac{1}{4}$ cup water, salt and pepper. Cook until celery is tender. Add cornstarch mixture and soy sauce. Add drained bean sprouts and cook for 3 minutes. Serve immediately.

HOLLOPSKIES

Mrs. J. H. Bannister

Scald 10 large cabbage leaves a few minutes. Mix $\frac{3}{4}$ lb. minced beef (half and half) $\frac{1}{2}$ cup uncooked rice, $\frac{1}{2}$ cup chopped onion, tomato sauce to taste, salt & pepper, 1 cup gravy or stock. Place about 3 tbsp. in each leaf roll. Fasten with toothpick. Place in kettle, cover with a little water and tomato slices. Cook on top of stove until tender.

PORK CHOPS

Mrs. Percy Giles

1 chop for each person. Bake in the oven $\frac{1}{2}$ hour. Add slice lemon on each chop. Sprinkle with brown sugar. Add catsup sprinkled over all. Bake 1 hour longer.

CORN PUDDING

Mrs. F. H. Ward

2 tbsp. butter	$\frac{1}{2}$ tsp. prepared mustard
2 tbsp. Robin Hood Flour	1 can creamed corn
$\frac{1}{2}$ cup milk	1 egg, beaten
1 tsp. salt	Buttered crumbs

Make a white sauce of the first five ingredients. Add corn and egg, which have been mixed together. Place in greased casserole, set in pan of water. Bake 30 mins. 350°.

CORN FRITTERS

Mrs. G. Pederson

3 eggs, separated	$\frac{1}{8}$ tsp. pepper
$1\frac{1}{2}$ cups cream corn	$\frac{1}{2}$ cup Robin Hood Flour
$\frac{1}{2}$ tsp. salt	$\frac{1}{3}$ cup fat or oil

Beat yolks, add corn, seasonings and flour. Fold in stiffly beaten egg whites. Drop by spoonfuls into hot fat, brown on both sides. Drain on brown paper

CHEESE POTATO PUFF

Mrs. F. H. Ward

2 cups cooked mashed potatoes	Salt and pepper
$\frac{1}{2}$ cup grated cheese	1 tsp. baking powder
1 egg, beaten separately	2 tbsp. melted butter
1 cup milk	Diced onion, if desired

Mix thoroughly, fold in egg white. Bake 40 min. 325°.

POTATO SALMON PIE

Mrs. John Heath

1 tall can salmon	2 cups mashed potatoes
2 cups thick white sauce	1 tbsp. butter
1 cup cooked peas	

Bone and flake salmon, place in greased baking dish. Mix peas with hot sauce, pour on salmon. Top with potatoes. Dot with butter, brown in hot oven 450 deg. 15 mins.

Sauce: Melt 4 tbsp. butter, blend in 4 tbsp. Robin Hood Flour. Add milk gradually, stirring constantly till boiling point is reached. Reduce heat and cook 3 min. longer, add seasonings and blend.

SCALLOPED TOMATOES AND GREEN PEPPERS

Mrs. C. P. Ballard

Cut 4 peeled ripe tomatoes in $\frac{1}{4}$ in. slices. Remove seeds from 4 green peppers, cut in $\frac{1}{8}$ " slices. Arrange layers in greased baking dish, salt, then grated cheese and crumbs. Repeat layers, with crumbs & bacon slices on top. Bake.

CORN -SAUSAGE PIE

Mrs. E. A. Harrison

1 lb. link sausages	Dash of pepper
3 tbsp. chopped green pepper	$\frac{3}{4}$ cup milk
2 tbsp. chopped onion	2 eggs, beaten
3 tbsp. Robin Hood Flour	1 can cream corn
1 tsp. salt	$\frac{1}{2}$ recipe biscuit dough

Brown sausages. Remove from pan, then saute peppers and onion in 4 tbsp. drippings. Blend in flour, add remaining ingredients. Stir until mixture is heated through. Pour into greased casserole. Arrange sausages on hot mixture. Cover with rolled out biscuit dough. Make slits in dough for 6 sausages to poke through. Bake 20 minutes at 425 degrees.

MACARONI AND SAUSAGES

Mrs. Hugh MacFadyen

Boil 2 cups macaroni in salted water. Drain. Put in buttered baking dish, add 2 cups tomatoes and $\frac{1}{2}$ lb. sausages. Season, sprinkle with grated cheese. Cook until sausages are well done.

MASON DIXON CASSEROLE

Mrs. C. Evans

Boil 4 medium sweet potatoes until soft, peel and slice into serving dish. Put slices of 4 medium apples over this, then a layer of 1 lb. of sausages. Cook 30 minutes.

MEAL-IN-ONE-DISH

Rae Black

1 lb. hamburger	3 potatoes, sliced
$\frac{1}{2}$ cup cooked rice	1 tin tomato soup
1 onion, sliced	$\frac{1}{2}$ tin water

Place hamburger in casserole, rice, onion. Top with potatoes and pour soup and water overall. Cover and bake for 2 hours in slow oven.

CHICKEN RICE CASSEROLE

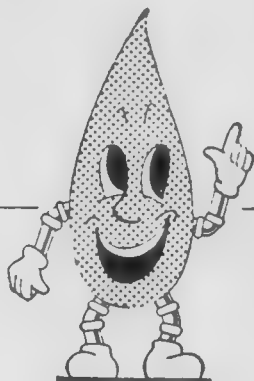
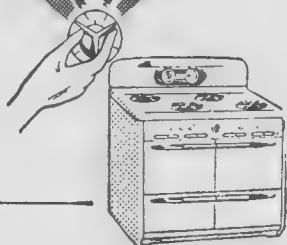
Mrs. E. A. Harrison

1 cup rice	$\frac{1}{2}$ cup mushrooms
1 4-oz. can pimento, chopped	$1\frac{3}{4}$ cup chicken broth
$1\frac{1}{2}$ cups diced cooked chicken	$1\frac{1}{2}$ tbsp. Robin Hood Flour
2 hard cooked eggs, sliced	

Cook rice, combine with pimiento. Alternate layers of rice, chicken, eggs and mushrooms. Blend broth with flour and pour over mixture. Bake 1 hour at 350 degrees.

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COCOANUT PINEAPPLE PUFFS

Mrs. J. W. James

16 marshmallows, quartered $\frac{1}{4}$ cup chopped walnuts
 $\frac{1}{2}$ cup pineapple cubes $\frac{1}{4}$ cup marachino cherries
 $\frac{1}{2}$ cup whipping cream $\frac{1}{2}$ cup cocoanut

Combine marshmallows and pineapple, chill 30 minutes. Fold in whipped cream. Add nuts and sliced cherries. Chill $1\frac{1}{2}$ to 2 hours. Drop mixture by spoonfuls onto cocoanut & roll into ball. Chill. Top with whipped cream and marachino cherry and may be made 1 day before serving. Serves 4-5.

CRANBERRY AND GRAPE SALAD

Mrs. E. A. Harrison

2 cups cranberries 2 tbsp. cold water
1 cup water $\frac{1}{4}$ cup Tokay grapes, seeded,
1 cup sugar $\frac{1}{2}$ cup pineapple, diced
1 tbsp. geletin $\frac{1}{4}$ cup nuts, chopped

Cook washed cranberries about 10 mins. Rub through sieve. Add sugar, boil 5 min. Soak gelatin in cold water, then blend in hot cranberry mixture. Cool until mixture begins to thicken, add $\frac{1}{4}$ 'd grapes, pineapple and nuts.

FRUIT SALAD

Mrs. J. Anderson

2 eggs 2 large oranges
4 tbsp. vinegar 2 cups Royal Anne Cherries
4 tbsp. sugar 2 cups crushed pineapple
2 tbsp. butter 20 marshmallows
1 cup whipped cream

Put eggs in double boiler, beat well. Add sugar and vinegar, beating constantly over boiling water till thick. Cool. Add cream, well drained fruit. Chill 24 hours.

24-HOUR SALAD

Mrs. J. Hardie

1 can sliced pineapple $\frac{1}{2}$ lb. marshmallows
 $\frac{1}{2}$ cup chopped almonds 4 eggs
Pinch salt $\frac{1}{2}$ cup sour cream
Pineapple juice Juice & rind 1 lemon

Cut pineapple, almonds and marshmallows small. Over this pour dressing made as follows: Mix eggs, salt, sour cream, pineapple juice, lemon juice and rind. Cook in double boiler till thick. Pour over first mixture and let stand overnight. Add bananas, cherries & whipped cream.

PARTY FRUIT SALAD

Mrs. J. Hamill

12 half pears, canned	$1\frac{1}{2}$ cups canned cherry juice
6 slices pineapple	$1\frac{1}{2}$ tbsp. vinegar
1 tsp. grated orange peel	Juice of 1 lemon
1 pkge cream cheese	$1/3$ cup sugar
$\frac{1}{2}$ cup sour red cherries	3 tbsp. cornstarch

Chill drained pears and pineapple. Mix orange peel with cheese. Add chopped cherries to cheese mixture. Put 2 halves of pear together with ball of cheese mixture to make whole pear. Heat to boiling the cherry juice, vinegar and lemon juice. Add hot liquid to sugar and cornstarch. Cook till thick and chill. When ready to serve place 1 slice pineapple on lettuce cup, arrange whole pear on this and place dressing on top.

ASPIC SALAD

Mrs. J. Hamill

1 can shrimp or crabmeat	salt & pepper
1 can grapefruit sections	4 drops tabasco sauce
1 can condensed consomme	1 can asparagus cuttings
1 envelope gelatin	

Drain shrimp and grapefruit. Add juice to consomme to make 2 8 oz. cups. Heat, add seasoning and gelatine. Stir until dissolved. Chill until mixture begins to thicken. Pour part of gelatine mixture into moistened ring mold. Arrange some of the fruit, shrimp and asparagus on gelatine then alternate layers of jelly and solid ingred. with final layer of gelatine on top. Chill. Unmold on lettuce or endive. Serve with mayonnaise to which grated onion and lemon juice have been added.

HAM-PINEAPPLE-CUCUMBER SALAD

Mrs. J. Hamill

Part 1

2 tbsp plain gelatine
 $\frac{1}{4}$ cup cold water
1 cup boiling water
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ cup vinegar
Juice $\frac{1}{2}$ lemon
1 cup diced cucumber
1 cup shredded pineapple

Part 2

2 tbsp plain gelatine
 $\frac{1}{4}$ cup cold water
3 cups ground ham
1 tsp prepared mustard
 $\frac{1}{2}$ cup mayonnaise
2 tbsp minced celery
2 tbsp chopped green pepper
Salt & pepper

Part 1: Soak gelatin in cold water for 5 minutes, then

HAM-PINEAPPLE-CUCUMBER SALAD (cont'd)

dissolve in boiling water. Add sugar, salt, vinegar & lemon juice. Cool. When mixture begins to thicken, stir in cucumber and pineapple. Partly fill individual molds, chill until set.

Part 2: Soak gelatin in cold water 5 mins. Dissolve over boiling water. Mix with remaining ingredients. Pour over chilled cucumber-pineapple mixture. Chill until firm. Unmold on crisp lettuce leaves. Garnish with tomato wedges and asparagus tips. Serve with mayonnaise.

LIME JELLO SALAD

Mrs. Stanley Kathrens

Dissolve 1 lime jello in 1 cup hot water. Cool

2 tbsp. grated green pepper	$\frac{1}{2}$ cup cream
2 tbsp. grated onion	1 lb. cottage cheese
3 tbsp. grated carrots	$\frac{1}{2}$ cup Miracle Whip
3 cups chopped celery	Salt & pepper

Add to jello. Mold and chill. Serve on lettuce.

LEMON JELLO SALAD

Mrs. Stanley Kathrens

Dissolve 1 lemon jello in 1 cup hot water. Cool.

$\frac{1}{2}$ cup Miracle Whip	$\frac{1}{2}$ c. whipping cream, whipped
1 tbsp. vinegar	2 cups diced celery
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup diced stuffed olives
$\frac{1}{4}$ lb. tin salmon	1 tsp grated onion
$\frac{1}{4}$ lb Kraft pimiento cheese	3 chopped hard boiled eggs

Add to jello. Mold and chill. Serve on lettuce.

TOMATO SALAD SUPREME

Mrs. E. Leischner

1 pkge. lemon jello	$\frac{1}{4}$ tsp salt
1 cup hot water	1 cup cottage cheese
1 cup pineapple juice	6-8 firm, ripe tomatoes
1 tbsp lemon juice	6-8 strips green pepper

Dissolve Jello in hot water, add juices & salt. Let set partially, add cottage cheese. Chill in small round molds. Peel tomatoes, cut in 3 wedges from blossom end down, but do not separate. Sprinkle with salt. Slip gelatin out of mold into tomato. Let set. Place on lettuce leaf, top with dressing, decorate with loosely knotted pepper strip.

GRANDMA'S SALAD DRESSING

Mrs. Mary Morton

1 egg	$\frac{1}{2}$ cup sugar
1 tbsp. mustard	1 tbsp. Robin Hood Flour
$\frac{1}{2}$ cup milk	1 tbsp. butter
$\frac{1}{2}$ cup vinegar	Salt

Mix mustard, sugar, flour well. Add egg, then other ingredients. Cook in double boiler until mixture thickens.

BOILED SALAD DRESSING

Mrs. J. B. Spencley

2 egg yolks, beaten	2 tbsp. sugar
2 tbsp. Robin Hood Flour	$\frac{1}{4}$ tsp. paprika
2 tbsp. butter	$\frac{1}{3}$ cup mild vinegar
$1\frac{1}{2}$ tsp. salt	$1\frac{1}{4}$ cups milk
$\frac{3}{4}$ tsp. mustard	

Combine dry ingred. in top of double boiler. Stir in egg yolks, melted butter, milk. Cook over boiling water, stirring constantly until mixture begins to thicken. Stir in vinegar. Makes $1\frac{1}{2}$ pints.

CELERY SEED FRENCH DRESSING

Mrs. D. M. Armstrong

$\frac{1}{2}$ cup vinegar	1 cup sugar
1 tbsp. paprika	$\frac{1}{4}$ tsp. mustard

Boil above ingred. for 1 min. Add 1 tbsp. onion juice. Cool to lukewarm. Slowly beat in 1 cup salad oil. Fold in 1 tbsp. celery seed. Mix thoroughly. Chill.

HOME MADE MUSTARD FOR WEINERS AND BUNS

Mrs. C. Klein

2 tbsp. Robin Hood Flour	$\frac{1}{2}$ tsp. tumeric
2 tbsp. mustard	$\frac{1}{2}$ cup water
2 tbsp. sugar	$\frac{1}{2}$ cup vinegar
1 tsp. salt	

Mix and boil until thick.

COOKED MAYONNAISE

Mrs. C. P. Ballard

Put 1 egg, 2 tbsp. sugar, $1\frac{1}{2}$ tsp. salt, 2 tsp. mustard, $\frac{1}{8}$ tsp. paprika, $\frac{1}{4}$ cup vinegar, $\frac{3}{4}$ cup salad oil in mixing bowl. DO NOT STIR. Make a paste by mixing 4 tbsp. corn-starch with $\frac{1}{2}$ cup water. Add 1 more cup of water. Cook over slow heat, stirring constantly until it clears. Add to mixture, beat briskly till smooth and thick. Cool.

SANDWICH FILLING

Mrs. F. Coggan

3 eggs	1 cup white vinegar
$\frac{1}{2}$ cup butter	1 cup sugar
3 tbsp. mustard	1 tsp. salt

Mix above, cook in double boiler. Put through mincer and add 1 tin pimiento, 4 dill pickles, $\frac{1}{2}$ cup chopped olives, 1 cup grated cheese. Cook until cheese melts. Do not cook longer, as it will toughen mixture. Seal.

SANDWICH SPREAD

Mrs. B. Cowan

Grind 8 green peppers, 8 red peppers. Add 2 cups vinegar, 2 cups sugar, 3 tbsp. mustard, 3 tsp. salt. Boil for a few minutes the following: $\frac{2}{3}$ cup milk, 2 cups grated cheese, $1\frac{1}{2}$ cups butter, 3 tbsp. cornstarch, 8 eggs (well beaten). Add first mixture, cook until thick. Seal.

GREEN TOMATO SANDWICH SPREAD

Mrs. B. Cowan

Grind $1\frac{1}{2}$ lbs. green tomatoes (3 cups), 3 red peppers, 3 green peppers, 2 tbsp. salt. Let stand $\frac{1}{2}$ hour. Drain. Add 1 cup water. Simmer a few minutes.

Mix together $\frac{1}{2}$ cup vinegar, 1 cup sugar, 3 well beaten eggs, 1 tsp. mustard, 2 tbsp. Robin Hood Flour, 1 cup sour cream. Boil together two mixtures till thick. Seal.

CHEESE AND TOMATO SANDWICHES

Mrs. Elmer Kaiser

Heat 1 can tomato soup, add 1 cup grated cheese and 1 beaten egg. Cool and spread on buttered bread, then toast.

NOVELTY SANDWICHES

Combine 3 chopped hard cooked eggs, 2 tbsp. green onion, $\frac{1}{2}$ cup chopped green pepper, $\frac{1}{2}$ cup chopped cucumber, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ cup salad dressing or mayonnaise.

Thinly sliced radishes on buttered wholewheat bread.

Blend peanut butter and mayonnaise, spread on wholewheat bread, top with finely grated raw carrots.

Liverwurst, chopped stuffed olives, salad dressing with lettuce on rye bread.

Equal parts flaked tuna fish, crab meat or lobster, and finely chopped celery, moistened with mayonnaise.

CANNING

"We eat what we can; and what we can't we can."

VEGETABLE SALAD

Mrs. E. Himmelreich

Grind desired vegetables, such as carrots, celery, cucumbers, beans. Add whole peas. To each quart of salad add $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup vinegar, 1 tsp. salt. Sterilize $\frac{1}{2}$ hour. This keeps vegetables crisp. Use as winter salad.

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FRUIT SALAD

Mrs. B. Cowan

6 peaches
6 pears
3 apples

1 ripe cantaloupe
1 can cubed pineapple, drained
1 bottle maraschino cherries

Peel, core and cube peaches, pears, apples and cantaloupe. Add pineapple and blend fruits well. To every 3 cups fruit add 1 cup sugar. Let stand 4 to 6 hours. Add cherries. Place in jars and process 10 minutes.

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CITRON MARMALADE

Mrs. Carl Harstrom

3 citrons 3 lemons 1 dozen oranges

Peel citron and grind in food chopper. Peel lemons and oranges and put rind on to boil. When tender remove and let cool, put all through food chopper. To each cup of mixture add one cup of sugar and let stand overnight. Next morning boil until thick and put in jars.

AMBER MARMALADE

Mrs. B. Goodwin

2 oranges 2 lemons 2 grapefruit

Slice fruit very thin. Measure and add $2\frac{1}{2}$ times as much water as fruit. Soak overnight. Next morning, boil hard for ten minutes. Let stand overnight. Next morning, boil hard for 20 minutes. Measure again, then bring fruit to hard boil for 20 minutes. Then add an equal amount of warm sugar, cup for cup. Boil hard till jellying stage is reached.

HEAVENLY MARMALADE

Mrs. J. Dunnett

12 pears 2 lemons 12 apples
12 peaches 4 oranges

Cut oranges and lemons and cover with water. Leave overnight. In the morning cook until soft. Cut remainder of fruit and add pound for pound of sugar. Boil till thick.

PEACH JAM

Mrs. Hugh MacFayden

20 peaches Juice of 2 lemons
1 can crushed pineapple Juice of 3 oranges

Grate rind of 1 orange and 1 lemon. Slice peaches fine and combine with rest of fruit juices and rinds. Measure and add cup for cup of sugar. Boil till thick and clear.

PEAR AND GINGER JAM

Mrs. Hugh MacFayden

4 lbs. pears $\frac{3}{4}$ cups water 3 lbs. sugar
2 lemons 2 oz. preserved ginger

Pare, core and cut pears in pieces. Cook with water till fruit is tender. Add juice and grated rind of lemon, ginger and sugar. Cook till thick and clear about 40 minutes.

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RHUBARB AND APRICOT JAM

1 lb. dried apricots, 4 lbs. rhubarb, 7 lbs. sugar

Cover apricots with warm water, let stand overnight.
Cut rhubarb small and cover with sugar. Let stand overnight.
Combine mixtures and cook till clear.

SASKATOON AND RHUBARB JAM

3 lbs. rhubarb, 1 large orange, 3 lbs. saskatoons
3 lbs. sugar Cook till thick and seal

PINAPRICOT JAM

Mrs. J. Neilson

1 lb. dried apricots 1 c. seedless Sultana
1 can crushed pineapple raisins
2 lemons, juice & grated rind 7 ~~lbs.~~ ^{cups} sugar

Cut apricots small. Soak overnight in cold water to cover. Cook till tender in water in which they were soaked. Add remaining ingredients and cook slowly till thick and clear.

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PICKLES

MILLION DOLLAR PICKLE

Mrs. D. Doering

6 qts. cucumbers peeled and sliced. Soak three hours in 1 cup salt. Drain and add:

3 chopped peppers	2 cups sugar
12 onions chopped	1 tsp. tumeric
1 can pimiento, chopped	2 tsp. mustard seed
1½ qts. vinegar	

Boil until done but no too soft. Seal hot.

DILL PICKLES

Mrs. E. L. Himmelreich

Wash cucumbers and pack with dill in top and bottom of jars(3 stalks dill per jar). Add 2 small pieces horse-radish and 2 small chilies.

Bring to boil 3 qts. water, 1 qt. white vinegar, 1 cup salt and pour over pickles boiling hot. Seal in sterilized jars. This is sufficient for 5 half-gallon jars.

SWEET GHERKIN PICKLE

Mrs. Albert Anderson

Clean gherkins and place in crock. Sprinkle with 1 cup coarse salt & cover with boiling water. Let stand overnight and drain. Boil the following mixture:

½ gal white vinegar	4 tbsp salt
½ cup mixed pickling spice	4 tbsp white sugar
4 tbsp. mustard	1 tsp alum

Cool and pour over gherkins. Set in cool place. Each morning stir in 1 cup white sugar until 4 lbs. sugar has been used. Keeps in an open crock.

CRISPY PICKLES

Mrs. J. M. Campbell

1 qt small cucumbers, sliced very thin	
1 cup diced red peppers	1 cup white sugar
1 cup diced green peppers	1 cup white vinegar
1 cup diced celery	2 tbsp mustard seed
¾ cup diced onions	½ tsp tumeric

Mix well and bring to boil in shallow pan. Turn while boiling for 3 minutes. Seal.

1 qt. silver onions	2 tbsp. tumeric
2 qts. gherkins	3 tbsp. celery seed
1 large cauliflower	1 qt. vinegar
$\frac{1}{2}$ cup Robin Hood Flour	

Peel onions and cut cauliflower and gherkins. Put in brine ($\frac{1}{2}$ cup salt, 1 qt. water and 1 tsp. alum). Allow to stand overnight.

Prepare sauce of remaining ingredients and cook until thick. Add drained pickles and cook slowly for 15 minutes. Put in jars and seal while hot.

SWEET MUSTARD PICKLE RELISH

Mrs. F. W. Paterson

2 qts peeled onions	1 bundle celery
3 qts cucumbers	1 large cauliflower
2 green peppers	

Chop in small pieces. Soak overnight in brine of 1 cup salt and 2 qts. water. Drain and soak 2 to 3 hours in 1 qt. vinegar and enough water to cover. Bring to boil then drain. Make a dressing of:

3 qts. vinegar	6 cups sugar
$1\frac{1}{2}$ cups Robin Hood Flour	5 tbsp. tumeric
$\frac{1}{2}$ cup mustard	2 tsp. mustard seed
2 tbsp. celery seed	

Cook until thick and smooth. Add drained vegetables, bring to the boil and seal.

UNCOOKED RELISH

Mrs. J. Nodwell

12 small carrots	3 small cabbage
3 medium cucumbers	2 small red peppers
3 large onions	2 small green peppers

Put through chopper, add $\frac{1}{2}$ cup salt. Let stand overnight. Drain and add:

$4\frac{1}{2}$ cups sugar	1 tbsp. mustard seed
1 qt. vinegar	$\frac{1}{2}$ tbsp. celery seed, in bag

Let stand for one week then seal in jars.

APPLE CHILI SAUCE

Mrs. Percy Giles

2 medium apples	1 tsp. salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. celery seed
6 large tomatoes	$\frac{1}{2}$ tsp. cinnamon
2 medium onions	$\frac{1}{8}$ tsp. black pepper
1 small green pepper	$\frac{1}{8}$ tsp. cloves
1 small red pepper	$\frac{1}{8}$ tsp. dry mustard
$\frac{1}{2}$ cup vinegar	

Grind cored apples and mix with sugar, cook till tender. Put peeled tomatoes, onions and peppers through chopper and mix with apples. Add remaining ingredients. Cook 1 hour.

CHILI SAUCE

Mrs. B. Goodwin

2 cans tomatoes	2 cups malt vinegar
1 large head celery	2 cups brown sugar
7 large onions	2 tsp. salt
3 green peppers	4 tbsp. pickling spice

Tie spices in bag, put with chopped celery, onions and peppers into kettle with all other ingredients. Cook 3 hr.

BEEF SALAD

Mrs. J. Neilson

1 pint vinegar	1 tbsp salt
1 cup water	$\frac{1}{2}$ cup Robin Hood Flour
2 cups sugar	1 tbsp. mustard

Cook and chop beets. Bring vinegar, water, sugar and salt to boil. Make paste of flour, mustard and water and add to boiling mixture. Add sauce to beets, seal in jars. This makes enough sauce for 7 or 8 pints finished salad.

CUCUMBER RELISH

8 large cucumbers	$\frac{3}{4}$ cup Robin Hood Flour
12 large onions	4 tbsp. mustard
2 sweet red peppers	1 tbsp. tumeric
2 green peppers	6 cups white sugar
1 large cauliflower	8 cups mild vinegar
1 cup salt	1 tbsp. mustard seed
5 cups water	1 tbsp. celery seed

Do not peel cucumbers. Put all vegs. through chopper. Sprinkle with salt, add water. Let stand several hours. Drain and rinse. Add some of the vinegar to flour and mustard. Heat remaining ingred., add flour mixture. Cook till thick. Add vegetables and simmer 20 minutes.

GOOSEBERRY RELISH

Mrs. Harry Strain

1 qt. gooseberries	1 tsp. cinnamon
1 cup sugar	$\frac{1}{2}$ tsp. allspice
2 tbsp. vinegar	$\frac{1}{2}$ tsp. cloves

Clean and wash berries, add sugar and boil 20 minutes. Add vinegar and spices and simmer until thoroughly combined. Seal in sterilized jars.

GREEN TOMATO RELISH

Mrs. Sorenson

20 large green tomatoes	4 tsp. salt
8 large apples	1 tsp. cinnamon
8 medium onions	1 tsp. cloves
2 sweet red peppers	1 tsp. allspice
2 $\frac{1}{2}$ cups sugar	3 cups mild vinegar

Peel apples and chop with tomato and onion. Add remaining ingredients and boil steadily for 30 mins. or more.

TOMATO CHUTNEY

Mrs. C. Currence

20 tomatoes	4 cups sugar
6 peaches	2 tbsp. salt
6 pears	$\frac{1}{4}$ cup mixed spice in bag
6 onions	$\frac{1}{8}$ tsp. cayenne pepper
1 ea. red & green pepper	1 qt. vinegar

Put fruit and vegetables through chopper. Add remaining ingredients and boil 2 or 3 hours.

RHUBARB CHUTNEY

2 lbs. rhubarb	2 lemons
1 lb. sultanas	1 pt. vinegar
2 lbs. sugar	1 oz. each garlic, salt, & ginger

Cut rhubarb into fine shreds. Peel lemons, cut up pulp. Cut garlic very small and bruise ginger. Boil slowly till thick. Remove ginger and seal in jars.

RHUBARB CATSUP

Boil until tender, 1 qt. rhubarb, cut small, $\frac{1}{2}$ tsp. salt 2 cups white sugar, 1 qt. vinegar, 1 qt. onions, cut small, $\frac{1}{4}$ tsp. red pepper, $\frac{1}{2}$ tsp. mixed spice (if whole spice is used, put in a bag). Seal while hot.

CHERRY OLIVES

Mrs. Lloyd Cobb

Fill pint sealers with Bing Cherries, stems on, and pour over them $\frac{1}{2}$ cup white vinegar, 1 dessert spoon salt and 2 heaping tbsp. brown sugar to each pint. Fill jars with cold water and seal. Turn jars over once a day for 3 days.

NINE DAY PICKLES

Mrs. C. Klein

Boil 2 qts water with 1 cup salt. Pour over 6 qts. cut cucumbers and let stand 3 days. Drain off, reheat juice and pour over again. Let stand 3 days. Repeat and let stand 3 days more., then drain and wash pickles. Boil 1 gal. water with 1 tbsp. alum. Pour over for 6 hours and drain off. Make syrup of:

1 cup water	1 oz. celery seed
8 cups white sugar	1 oz. cinnamon bark
$1\frac{1}{2}$ qts. vinegar	1 oz. allspice berries

Pour over cucumbers, let stand 1 day. Reheat and put in sealers or leave in crock.

BREAD AND BUTTER PICKLES

Mrs. Harry Strange

1 gal cucumbers	2 green peppers
8 medium onions	$\frac{1}{2}$ cup salt

Pare and put vegetables through chopper. Mix in salt, cover and let stand 3 hours in cool place. Drain well. Mix together:

5 cups white sugar	2 tsp. mustard seed
$1\frac{1}{2}$ tsp. tumeric	1 tsp. celery seed
$\frac{1}{2}$ tsp. cloves	5 cups mild vinegar

Pour over pickles and place over low heat. Heat mixture to scalding but do not boil. Stir occasionally. Seal.

PICKLED ONIONS

Mrs. B. Cowan

Peel 2 qts. silver skin onions. Soak in $\frac{1}{2}$ cup salt and enough water to cover, overnight. Drain and rinse. Bring to a boil:- 1 qt. white vinegar, 1 cup sugar and 2 tsp. mixed pickling spice in bag. Boil 1 or 2 minutes. Remove spices, add onions. Bring to a boil and seal in jars.

RILEY TOFFEE

Mrs. Mary Hinman

2 cups light brown sugar	1 can Eagle Brand milk
1 cup Rogers Corn Syrup.	1 tsp. vanilla
$\frac{1}{4}$ lb. butter	Pinch of salt

Put all ingrediets together and stir constantly after it starts to boil. Boil to firm ball stage. Pour in pan as a slab. OR pour some in a greased pan, press marshmallows on top and pour more candy on top. OR put nuts in bottom of pan, or on top of candy.

BUTTERSCOTCH

Mrs. Art Booth

$\frac{1}{4}$ cup corn syrup	$\frac{1}{2}$ cup butter
1 cup gran. sugar	2 tsp. vanilla

Boil all together till it forms a hard ball in cold water. Pour into buttered pan.

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MARSHMALLOWS

Mrs. E. A. Jahraus, Brooks, Alta

2½ tbsp. or 1 pkge. gelatin soaked in 6 tbsp. water.

2 cups sugar and ½ cup water boiled to thread stage.

Pour syrup over gelatin. Beat until nearly stiff. Pour into a pan. Dust with powdered sugar. Cool and cut into squares. Roll in sugar.

CHOCOLATES

Mrs. F. Thackray

2 c. hot mashed potatoes 2 tbsp. butter

2 lbs. icing sugar Flavoring

2½ c. Robin Hood Flour Nuts, cherries optional

Mix potatoes, sugar, flour, butter together. Add flavoring and roll into balls. Dip in melted semi-sweet chocolate and put on waxed paper to chill.

CHOCOLATE COATING

Place in shallow pan over warm (not hot) water, 4 oz. chocolate, 2 tbsp. butter, 1" square of paraffin. Stir until melted and blended. Add 5 drops vanilla. Remove from fire and when nearly cool put the food to be dipped on a form, dip it quickly and place on a piece of waxed paper to dry, or on a piece of white oilcloth stretched on a board. (The latter is the better of the two). You may use semi-sweet, milk chocolate, or half milk and half bitter.

FUDGE

Mrs. A. P. Johns, Brandon, Man.

2 cups brown sugar

2 tbsp. corn syrup

1 cup white sugar

1 tsp. baking powder

2 squares chocolate

¼ tsp. salt

½ cup milk

2 tbsp. butter

Grate chocolate and cook with sugar, milk and corn syrup till sugar is melted. Cover and boil 3 minutes. Uncover and boil till soft ball stage. Remove from heat and add Baking powder, salt and butter. Fold in gently and cool. Add 1 tsp. vanilla and beat till shine is gone.

CARAMEL FUDGE

Mrs. A. V. Johnston

2 cups brown sugar ¾ cup milk 2 tbsp. syrup

Let come to slow boil and boil till it reaches soft ball stage. Add 2 tbsp. butter and 1 tsp. vanilla. Beat hard and pour into buttered pan.

DIVINITY FUDGE

Mrs. Hugh MacFadyen

2 cups white sugar
 $\frac{1}{2}$ cup corn syrup
 $\frac{1}{2}$ cup water

2 egg whites
 $\frac{1}{8}$ tsp. salt

Boil sugar, syrup, salt and water to hard ball stage. Pour slowly onto stiffly beaten egg whites and continue beating. Spread in greased pan.

MAPLE CREAM CANDY

Mrs. G. W. Mackie

4 cups brown sugar
2 tbsp. Robin Hood Flour
2 tsp. baking powder

1 cup top milk
4 tbsp. butter
Pinch of salt

Boil till soft ball stage. Beat till creamy.

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